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PLUS 56 prize puzzles

Issue 16 April 20, 2023

that's life!

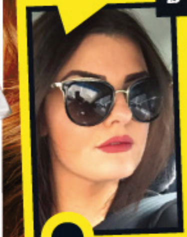
EASY ONE-PAN BAKES

YUM!

BRAVE SOPHIA

Her sore eye was DEADLY

AUSSIE SURVIVOR



I was STABBED in my own BED

A blister STOLE MY LEG!

How Cheetos CAUGHT a crim

I'm riding the world with MY DOG!

ANZAC nurse Minnie

A HERO TO THE END

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Welcome

Our story in The Buzz (Page 13) this week about the library book that was 43 years overdue gave me an attack of the guilts. As a high school student, I borrowed a book from a library and never returned it. I'd look at it occasionally and feel awful. But I was terrified of getting a humungous fine if I did return it. Throwing it away felt wrong so there it sat for years, a reminder of my uncivic behaviour. When I confessed my story to the *tl!* team, I was shocked to find that I was not alone. Mari's husband Peter moved around a lot as a kid when his dad worked in foreign affairs. 'He used to borrow English-language books from Australia's Overseas Library Service, when there was such a thing,' she told us. 'But he forgot to return one, an Australian poetry book, which has stayed in the family ever since.' Jude also had a wildly overdue book, but when the library had an amnesty, she popped it in the chute, and still remembers the blessed sense of relief! Julia has a book about the famous psychologist Sigmund Freud that she 'borrowed' by mistake when the fire alarm went off while she was studying at the uni library. 'I just gathered up all the books around me and it was one of them,' she said. 'I still have it and whenever I'm having a bad day, I think it's bad karma at work for stealing Freud!' But for the rest of the team, talk of late fees was all about renting videos. Remember them? Lisa was once reported to a credit agency for an overdue video she'd borrowed from Blockbuster. 'When I look back, I would have been better off buying the videos,' she said. Thank goodness for Netflix!

> She 'borrowed' the book by mistake

Linda

Linda Smith, Editor
linda@aremedia.com.au

NEXT WEEK

WINNING
CHICKEN DINNERS

COVER STYLING: JANINE DONOVAN COVER PHOTO: PHILLIP CASTLETON

It's EASY to contribute!

Send us photos of your family, friends or pets

email: thatslife@aremedia.com.au

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are
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WE ♥ YOU!

WE PAY FOR EACH PHOTO USED

Zara, 12, Milla, 11, Phoebe, 12, and my daughter Isabel, 12, had a great beach weekend together.
Claire Kent, Cremorne, NSW

Lachlan, five, and Thomas, three, had a great time meeting Thomas the Tank Engine on a day out with Mum and Dad.
Andrew White, Curlewis, Vic

I had a nice welcome from the wildlife as we arrived at our camping spot.
Tracey Drescher, Eagleby, Qld

Norfolk Island Airport

On my recent trip to Norfolk Island I took my trusty *that's life!* magazine to read while relaxing.
Heather Holmes, Hackham West, SA

WINNERS are grinners

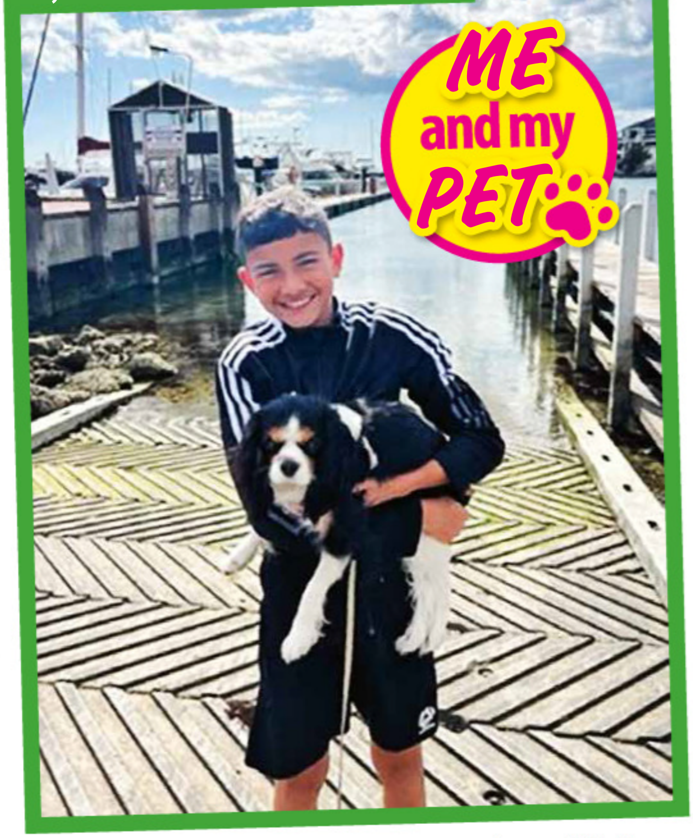
What a fabulous surprise to come home to! Thanks so much *that's life!* for the prize. *Alyce Tulich, via email*

FAMILY FRIENDS LAUGHS

I met this cute dragon on Chinese New Year in Hobart.
Irena Golab, Bagdad, Tas

My granddaughter Mackenzee, eight, couldn't believe her luck when she asked for a small fairy floss in Disneyland California.
Sue Edwards, Rosebud, Vic

My son Logan, 14, with Millie, 10 months, at the beautiful Mindarie marina in Perth.
Amy Chatterton, Carramar, WA



Sophia is our little superhero

Sophia, me, Pat and Hamish

The mag with heart

SUPER

She's small

Liz thought her toddler had a bug from day care, but the reality was terrifying

Liz Burfitt, Mona Vale, 28, NSW

Looking at my baby's face, I was shocked.

'Sophia's left eye is bulging,' I said to my husband Pat, then 27.

He could see it too.

Sophia, who'd just turned one, was also lethargic. She'd just started day care, so assuming it was another 'day-care illness', I took her to the doctor.

'It's conjunctivitis,' he said, prescribing eye drops.

But over the next few days, Sophia's left eye continued to swell.

Alarmed, I took her to our local emergency department.

'Her pupil's not dilating,' a doctor said. 'Something is blocking the optic nerve.'

Something's really wrong, I thought, scared.

Sophia was booked in for an MRI the next morning.

It was meant to take a few minutes but it took an hour and a half, after which Pat and I were led into a quiet room.

'Sophia has a large mass behind her left eye,' the doctor told us.

Pat turned white. I thought I was going to collapse.

The doctor showed us an image of the sinonasal region – the nasal cavity – of Sophia's face. Initially it just looked like a big white blob, but as he zoomed in, it became a huge spider web of a tumour throughout the left side of her face.

The contrast between our beautiful baby and this horrific tumour couldn't have been greater.

'How can they cut that out?' I cried to Pat. 'It's all behind her face.'

'I don't know,' he said, distraught.

Sophia was transferred to The Children's Hospital at Westmead, NSW, for more tests. She had a nasal endoscopy, where a camera was put up her nose to get better pictures of the tumour and take a biopsy of it.

Meanwhile, our precious bub's beautiful eye began to bulge even more and she was becoming limp, sick and lethargic.

Finally, after five days of tests, her oncologist, Luke, had a diagnosis.

'Sophia has a germ cell tumour or yolk sac tumour behind her face,' he said. 'It's a rare and aggressive type of cancer normally found in people over 60.'

My hand flew to my mouth. I couldn't believe our 13-month-old baby had a cancer that oldies normally got. Even stranger was the tumour's

The day Sophia rang the bell to signify she was cancer-free

Sophia and Hamish

I kicked
cancer's
butt!

Our brave little girl showed cancer who's boss

SOPHIA but strong!

AS TOLD TO EVA LEWICKI

location. Our baby had it in her face, while it normally manifested in the reproductive organs.

Our doctor explained it was growing quickly and pushing on her left eye, hence the bulging.

'We just want the tumour out. Do whatever you have to!' I begged. Even if her eye had to be removed, we just wanted Sophia to live.

'We'll start her on chemo straight away to shrink it and go from there,' he said.

That night, Pat and I learned we were pregnant with our second child.

We were so excited to be having another baby.

But then a terrifying idea came to me. *Had we been gifted another baby to replace Sophia?* I shoved the horrific thought to the back of my mind.

Sophia had a central line put into her chest and was given chemo through it, with one week on, three weeks off. Each session lasted eight hours.

In between, we took Sophia home, but because her immunity was so weak, she was constantly back in hospital. She became very sick, vomiting frequently, and lost all her beautiful blonde hair.

But the worst side effect of the chemo was her night terrors. Every night, she'd wake up screaming and we'd have to hold her for hours until she calmed.

The rest of the time, however, despite everything she was going through, she was always smiling and happy. Our sweet Sophia might be small, but she's so very strong.

After six months of chemo, an MRI revealed part of the mass was still there.

In a risky five-hour operation which could cause facial paralysis, this mass was removed. The surgery was done entirely through her nose. She didn't have a single visible cut or stitch.

When the oncologist confirmed the mass that had been removed was not cancerous, Sophia was declared to be in remission. At 18 months old, she got to ring the bell in hospital to signify she was cancer-free. It was the best day of our lives.

> We're just so very grateful she's still with us

Today, Sophia, almost three, is a gorgeous little girl who loves ballet and being a big sister to Hamish, one.

Sadly she's lost sight in her left eye but copes well and is monitored regularly with blood tests and MRIs.

It's a reminder there's still a chance she could relapse, but we're just so very grateful she's still with us.

Throughout our journey we befriended several parents who tragically lost their babies to cancer.

That's why I'm an ambassador for Jeans for Genes, the fundraising campaign of the Children's Medical Research Institute which helps find cures for children's genetic diseases.

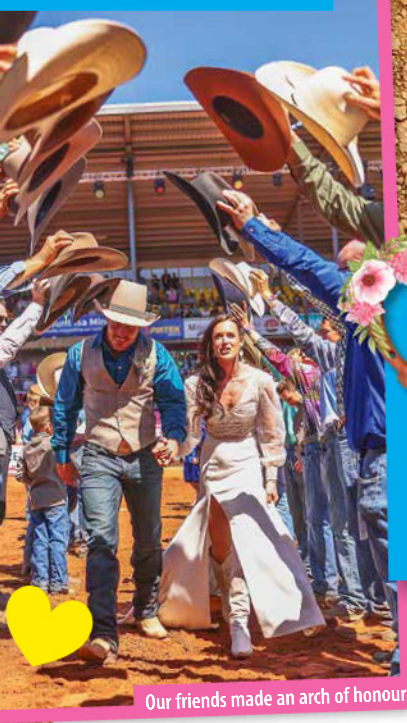
With one in 20 kids facing a birth defect, genetic disease, cancer or other life-threatening disorder, we need to find treatments and cures.

Cancer shouldn't be a battle that some lose and some win. Research gives people a chance to survive.

We couldn't be more thankful to still have our little girl. ●

Jeans for Genes Day is on Friday August 4, 2023. For more info on how to help, go to fundraise.jeansforgenes.org.au

Has your little one fought for their life? **Tell us at thatslife@aremedia.com.au**



Our friends made an arch of honour

We got m

AT THE R

When Kyla fell for a handsome cowboy, she came up with a genius idea for their big day **Kyla Dolen, 36, Cameron Corner, Qld**

As I waited at the arrivals gate, my stomach twisted with nerves.

I was about to lay eyes on the man who'd travelled halfway around the world for me. But would the feelings still be there after so many years?

I first met Fred, now 37, when I moved to Australia in 2010 to work as a jillaroo on a cattle station in Cameron Corner, Queensland.

Originally from Canada, it was completely different to the chilly conditions I was used to. But I loved being out on the open plains.

And the fact I got to work with Fred – the owner's son – definitely helped!

With a loud, infectious laugh, Fred was also incredibly handsome.

As we spent our days moving cattle – me on horseback and Fred on his motorbike – I learned he competed in rodeos all across Australia and the US.

He had such a joy for life that I found myself instantly smitten. So I was crushed when I found out he was already engaged.

Knowing things couldn't go any further, I kept my feelings to myself. But I think the whole station could tell I was besotted!

After six months, I headed back to Canada.

I have to put Fred out of my mind, I decided.

And for the next nine years, I did just that.

It wasn't until June 2019, when I was studying to get my pilot's licence, that I thought of him. It'd always been my dream to fly planes for farms in Australia and I figured Fred might have some contacts to help me find a job. So I sent him a Facebook message.

How's it going over there… I started.

I was thrilled when Fred replied straight away.

I'll make a job for you here, he said, explaining he'd been looking for an excuse to buy a plane for the station and get his pilot's licence.

Fred said something that made my heart skip

As messages flew back and forth, Fred said something that made my heart skip a beat.

I'm going through a separation.

Chatting for hours, it was like no time had passed at all, and my feelings came rushing back.

'I was in love with you 10 years ago,' I admitted.

We spoke every night as Fred developed feelings too.

Then in December 2019, Fred arrived in Canada with plans to stay for three months. Seeing his beaming smile at the airport, my nerves instantly melted away.

Things moved very quickly as we found work together at a local ranch.

Then when the COVID-19 pandemic struck, Fred ended up having to stay for a year! Thankfully, we were both head over heels.

But as the date drew closer for Fred to return home, I hated the thought of being apart. When would I see him next? The world felt so uncertain.

On the last morning, we hiked to a beautiful waterfall where Fred got down on one knee.

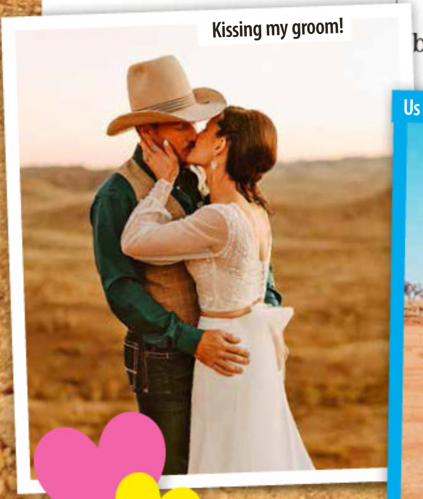
'Will you marry me?' he asked.

He didn't have an engagement ring, so I wasn't sure if he was joking.

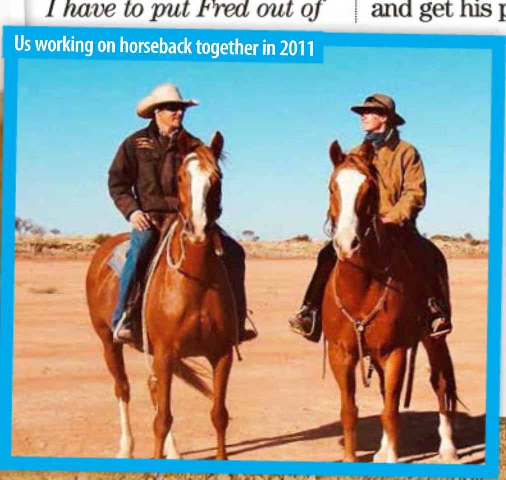
'I'm serious,' he chuckled.

'Then *YES*!' I responded.

While it took months to organise my visa, I finally



Kissing my groom!



Us working on horseback together in 2011

AS TOLD TO STACEY HICKS PHOTOS: MT ISA RODEO; SARAH CONLAN LIFESTYLE PHOTOGRAPHY; STEPHEN MOWBRAY

arried
ODEO!

MOUNT ISA MINES RODEO

Our wedding day was amazing

My cowboy Fred and me

touched back down in Australia in August 2021.

I couldn't wait to marry Fred – but had always dreamed of doing it in the snowy Canadian mountains. However international travel was still very tricky.

So we needed to plan something local, low-key and true to us as a couple. That's when I got a brainwave!

'The Mount Isa rodeo is coming up and all your family will already be there,' I said to Fred. 'Why don't we get married there?'

The biggest event of its kind in Australia, stockmen from all over the country come to battle for the championship buckle. Fred was already competing, so he could get all his jitters over with in one day!

'Let's do it!' Fred agreed.

The event organisers were thrilled at the news, and agreed to set up decorations and chairs for our 40 guests in the main arena during the lunch break.

In August last year, the big day arrived.

We organised a live-stream so my family back home could watch or see a recording. When it came time for Fred's dad, Ozzie, to walk me into the arena, 'One Woman' by the Randy Rogers Band played.

I was brimming with excitement as I stepped out in my two-piece white gown and cowgirl boots. To make our rodeo wedding complete, our friends Dave and Sharna loaned us their horse, Sonic, who had our wedding bands tied in his mane as ring bearer.

> I watched him on the ride of his life

As we said our 'I do's' the crowd went wild.

Then I threw my bouquet into the stands as dozens of ladies rushed to catch it.

We were touched when people formed a guard of honour as we exited the arena. But we couldn't enjoy the honeymoon phase for too long.

Within 30 minutes, Fred had to be ready to compete.

Joining his mum, Leeann, and his aunties in the stands, I was in awe as I watched him on the ride of his life, before being crowned the winner.

'That's my husband!' I beamed proudly.

Now we're enjoying married life on the station with our menagerie of animals.

I'm so glad I snagged myself a cowboy – and he came home with the win! ●

On the station with one of our camels

Andrew and me

STABBING

'HE'S T
TO KILL

Ashlee was excited to marry her love, but her life changed in an instant

Ashlee Byrne, 32, Adelaide, SA

'Happy 30th birthday to me,' I sighed, tucking into the pizza I'd ordered.

It was April 2020 and, thanks to the Covid lockdowns, I was celebrating at home instead of out with friends and family.

But I was looking to the future, when the pandemic was over, and my fiancé Andrew, then 31, and I could build our lives together.

We'd met after I'd got a job at a bar four years earlier. I'd made friends with the chef and he invited me to his place for drinks and to meet his friend Andrew, who was also a chef.

From the moment I met him, we got along like a house on fire.

'I just found the man I'm going to marry,' I told my friend the very next day.

Falling for his quirky personality, I loved his incredible cooking and the amazing homemade gnocchi he whipped up.

Around the two year mark, we were strolling along a boardwalk near Adelaide Oval where Ed Sheeran was playing live, when I wandered a little ahead.

Turning to look for Andrew as the music drifted on the air, I saw he was down on one knee proposing, and looking hopeful. Of course I said yes!

The best is yet to come, I thought.

We moved in with Andrew's parents in September 2018, while we saved for a house deposit.

We scrimped and saved, but everything felt so perfect. Until it wasn't.

Almost two years later we were still living at his parents' place.

I was working as a retail assistant and Andrew had been jumping between restaurants, wanting to work at the best.

It wasn't regular money though.

Worried, I suggested he find a full-time role but he was focused on his dream.

Around then, I noticed a shift in him.

At night, he'd lie awake jumping at noises outside.

'It's just the neighbours,' I'd say, trying to calm him down. But he was never convinced and instead lay awake battling his thoughts.

In the days after my 30th birthday, Andrew seemed to be in a world of his own.

Waking up on Anzac Day in 2020, three days after I turned 30, I was lying on our bed watching TV.

Coming in and out of the room a few times, Andrew left the door open as he went.

He seems a bit off, I thought.

The third time he entered the room, he closed the door behind him.

But then he stood motionless facing the door for a few seconds.

And when he turned around, he stared at me blankly, like he was looking through me.

In a blink he moved towards me, pinning me down on the bed.

'What are you doing?' I asked, confused.

Andrew had never been violent with me before.

Then I saw the flash of a blade – he was holding a kitchen knife above me.

> When he turned around, he stared at me blankly

Chef Andrew

Me and Mum

HORROR
RYING
ME'

YOUR real-life stories

The vicious attack changed my life forever

Lunging, he stabbed me in the right side of my abdomen, before taking a few steps back.

Looking down, I saw blood pouring from my chest and pooling on the bed spread.

He lunged again and again, the knife piercing me, and I desperately looked towards the door.

I struggled with him – grabbing his arm and trying to escape his hold.

'He's trying to kill me!' I screamed over and over, so his mum and dad might come and help me.

Then Andrew locked the door.

Soon I heard Andrew's dad banging on the other side, shouting for Andrew to unlock the door.

If I don't get out of here I'm going to die, I realised.

Then, I felt the blade go through one side of my arm and out the other.

Finally turning the key, his dad managed to push open the door. Rushing to me, he pulled me away from Andrew and towards the safety of the hallway.

As I crumpled to the ground by the door frame, and Andrew locked himself in the room, I could feel my heartbeat in every part of my body.

Andrew's dad attended to my wounds while his mum called triple-0.

Still in shock, everything felt numb until the ambos arrived just minutes later. Police came too.

As the ambos tended to my terrible injuries, trying to stem the bleeding and holding the gaping wounds together, Andrew was arrested and escorted out.

> He lunged again and again, the knife piercing me

'I'm sorry,' he sobbed, walking past me.

Taken to Flinders Medical Centre Emergency Department, a hospital trauma unit, I was wheeled into theatre. Waking up in ICU, I pleaded with nurses.

'I want my mum,' I said, thinking of my family, which included her, my stepdad Robert and little sister Molly.

And waking up again later, my mum Kellie, 51, was by my side. 'I'm right here, you're safe now,' she said tearfully.

I had a cut right through my left arm, had a ruptured tricep and diaphragm, a collapsed lung, and severed nerves and tendons.

My spleen and part of my bowel had to be removed to save my life.

Mum stayed with me, and my stepdad Robert sat on the front steps of the hospital each day, waiting for text updates.

I was taken to Flinders Medical Centre

FLINDERS MEDICAL CENTRE

My mum Kellie and stepdad Robert

Turn to hear how Ashlee is healing

PHOTOS: GETTY IMAGES; SUPPLIED

Healing the SCARS

My mum Kellie and me

After 12 days, I was allowed to go home with Mum and Robert to recover.

Robert had arranged for my things to be collected from Andrew's place.

While I slowly healed physically, I couldn't look at my scars without seeing the knife and Andrew's face.

How could the man I was meant to marry have done this to me?

My life had changed completely and it all made no sense. I was utterly crushed, and I felt for his family too. It was a huge shock for all of us.

As I battled to come to terms with my new future, I faced a wait for the matter to come before court.

In October 2022, Andrew Shearing, 33, of Mitchell Park, pleaded guilty to a charge of aggravated causing serious harm with intent and fronted SA's Supreme Court. *I will always feel like a part of me died that day,* I told Andrew in my victim impact statement. *And for that I can never forgive you. You were supposed to be my forever, my happily ever after... You have left a hole in my heart that honestly won't ever heal.*

The court heard he'd taken methamphetamine the day before the attack and, although he wasn't under the influence at the time, he had a history of drug use that had led to him suffering from drug-induced psychosis.

Me and my sister Molly

Judge Justice Kevin Nicholson said Andrew had shown remorse and contrition, and gotten clean.

He accepted the attack was 'out of character,' but said his unprovoked 'extreme violence' had 'destroyed' my life and his psychosis had been self-induced through the use of drugs, meaning Andrew was responsible for what he'd done.

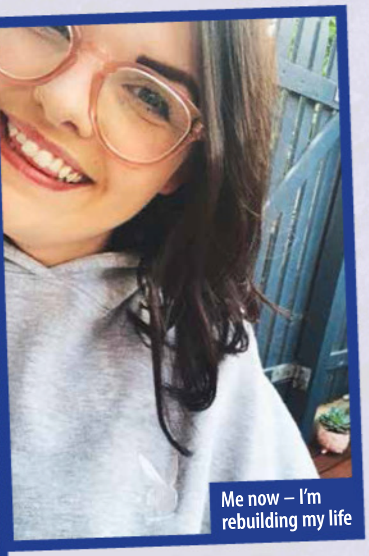
The judge told Andrew, 'In a matter of seconds and for no justification whatsoever, you destroyed your former partner's old life and left her with an existence which every day presents difficult challenges.'

He jailed Andrew for eight years and six months, with a non-parole period of six years and 10 months.

Afterwards, I hoped the sentence would deter other perpetrators, and protect other woman from what I've been through.

Now, with my family's love and support, I'm looking to heal from my scars and rebuild my future. ●

As told to Lizzy Dimopoulos



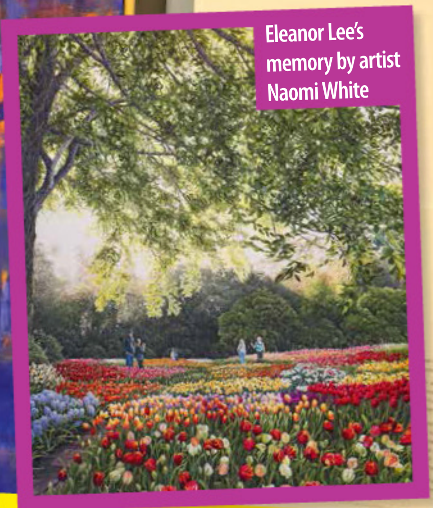
Me now – I'm rebuilding my life

South Australia's Supreme Court building

Have you got justice for yourself or a loved one? **Tell us at thatslife@aremedia.com.au**

Last seen

Our sight is precious, but if you were to lose it, would you remember the last things you saw? A powerful and humbling exhibition at the Queensland College of Art's Grey Street Gallery partnered renowned artists with 10 vision-impaired Australians. The works represent their last or most cherished memory before their sight deteriorated. Called *Last Seen*, the multisensory exhibition is open until April 29. Queensland Eye Institute Foundation CEO Mark Radford told *The National Tribune*, 'Our participants have compelling stories, with a poignancy that will resonate with us all. They make us stop and think what our last, most memorable vision of this world might be, and how different it would be for us all without our sight.'



Eleanor Lee's memory by artist Naomi White

Artist Tracie Eaton with Paralympian Katie Kelly

It's about time!

Returned!
A.J.P Taylor
HOW WARS BEGIN
DUE DATE: MARCH 23, 1980

Staff checking the out of hours 'drop box' at the Newport News Public Library were shocked when they inspected the card inside one of the books left there. It was 43 years overdue! The book, *How Wars Begin*, by AJP Taylor, had been borrowed in 1980. It was left anonymously, and the library no longer has records of loans going back that far. So the original borrower will be relieved to hear they won't be getting a fine!

What we're...

From the *tl!* team

Watching *Animal Kingdom streaming on Netflix*

This family crime-drama set in a Southern California beach town follows 17-year-old J Cody, who moves in with relatives after his mother dies of a heroin overdose. It isn't long before he's pulled into the family's life crime. It's a gripping series you'll want to binge.

Elizabeth Dimopoulos – Features Writer

ANIMAL KINGDOM

Jess and Moxie with Greg riding behind

Pooch venture

Moxie the German Shepherd is living her best life, travelling around the world on the back of a motorbike with her owner, Jess Stone. Canadian Jess and her pooch are having a great time exploring the world on two wheels. They will visit 90 countries, raising money for global charity Girl Up, which aims to empower young women and girls.

German shepherd Moxie is always a hit.

'Every car that rides beside us, people take out their phones, almost causing accidents, because they want to get a shot,' Jess told *9Honey*.

Her partner, Greg, rides behind the pair on their aptly named GoRUFFLY Around the World venture.

PHOTOS: @GORUFFLY JESSICA STONE; LAST SEEN; NEWPORT NEWS PUBLIC LIBRARY FACEBOOK

A BLISTER STOLE MY L

When Barry's shoes rubbed him, it was the start of a life-changing battle

Barry Porter, 76, Mackay, Qld

Blasting the driveway with my pressure washer on Australia Day 2021, I tutted as water sloshed over my trainers.

These sneakers are a bit mongrel, I thought, tugging off the old, oversized, sopping shoes.

I frowned as I spotted two large fresh blisters – one on the side of my big toe on my left foot, the other just underneath the toe knuckle.

I felt like I was hardly living at all

I didn't think much of it. But, as the weeks went by, my blisters went from bad to worse.

'These blasted blisters just aren't healing,' I said to my wife Susan, then 71.

As they became red and inflamed, after a few weeks I couldn't even put my shoe on to do my 6km walks.

A former hardware store owner, when I was younger, I'd eaten and drunk the wrong things, thinking I was bulletproof.

By 54, my weight had crept up to 135 kilos and I'd been diagnosed with type 2 diabetes. Determined to lose weight, in 2000 I had a gastric lap-band fitted.

After years of healthy living, gradually the weight came off and I was down to 85 kilos. But the diabetes remained.

And now, with these horrendous, red, ulcerated blisters oozing pus, I was limping everywhere.

Over the next few weeks, I went back and forth to the Mater Private Hospital, Mackay, six times, and doctors cleaned out the ulcerated blisters.

'The diabetes makes it difficult for the blisters to heal,' the doctors explained.

Sadly, the blisters became more infected and, concerned I'd contracted a staph infection, doctors placed me on an antibiotic drip for 14 days in May.

My wife Susan, daughter Kylie, me, son Greg and daughter Julie

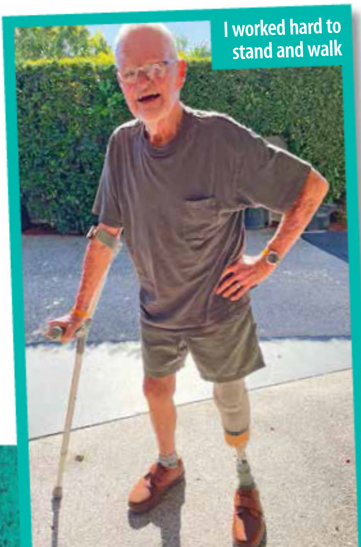
'Thank goodness they are clearing up,' I said with relief to Susan when I got home.

But my hopes of recovery were dashed when, three days later, intense pain stabbed in my left foot.

Now the debilitating ulceration meant a nurse had to visit weekly to help Susan change my dressings.

Barely able to walk and with Susan caring for me, I was surviving on painkillers. I felt like I was hardly living at all.

My doctor referred me to an orthopaedic specialist in Brisbane who specialised in lower limb trauma.



I worked hard to stand and walk

In June 2021, I flew there with my daughter Kylie, 49, and Susan. The doctor took X-rays and ran MRIs.

'If you don't have your leg taken off, you will be dead within a month,' he explained. 'The infection is spreading to your spleen, your liver and next it will be into your kidneys.'

We reeled in shock.

I'd only had a blister. Now I was facing losing my leg!

Back home, determined to make the right decision, I spoke to my doctor, my friend Adrian – a prosthesis maker – and my physio.

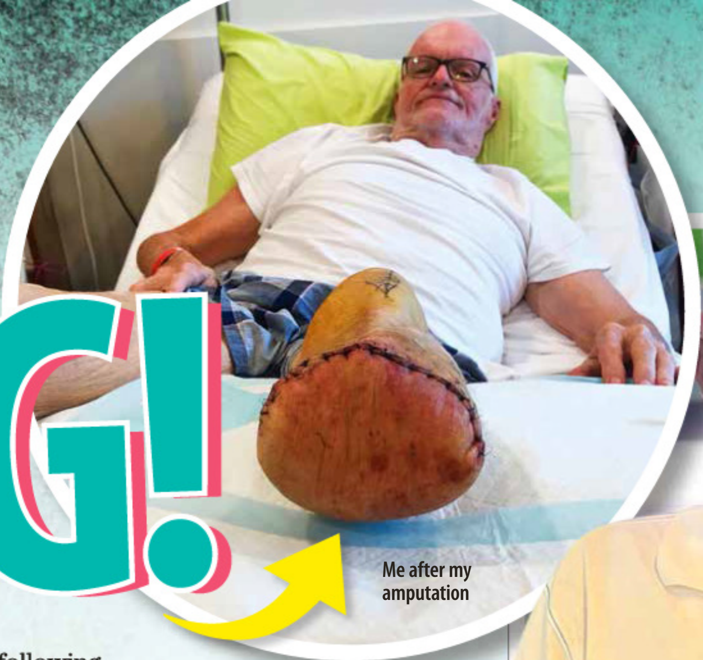
'You haven't got time to mess about,' my physio said.

'I'm going to have my leg amputated,' I told Susan.

It was better to lose a leg than my life with

PHOTOS: MACKAY HOSPITAL AND HEALTH SERVICE; SUPPLIED

EG!



Me after my amputation

my family. The following Monday, I had the four-hour operation to amputate my leg below the knee.

Astonishingly, after two days the pain had gone. Although it was confronting to see my stump, I was resolved to getting back to health and began rehab straight away.

'I want to be out of hospital in two weeks, driving my car in three months and walking in six,' I said with determination.

I started using a wheelchair and began strengthening exercises.

I also got a personal trainer to build up my stamina and began cardiovascular exercises. A fortnight in, I'd achieved my first goal and was back home with Susan.

As exhausting as it was, I looked forward to rehab with the amazing Community Health and Therapy Services (CHATS) team at the Mackay Base Hospital. Good as my word, I was back in my automatic car driving in three months.

But last January I contracted COVID-19 and came close to death.

Battling back to health, in September I was delighted to try my new prosthetic leg. Standing up between metal bars for balance, I wobbled but it felt amazing.

Over the next few months I learned how to balance and walk, one step at a time.

'I'm so proud of you,' Susan smiled.

Twenty months since my surgery, I do need to take breaks when I'm walking.

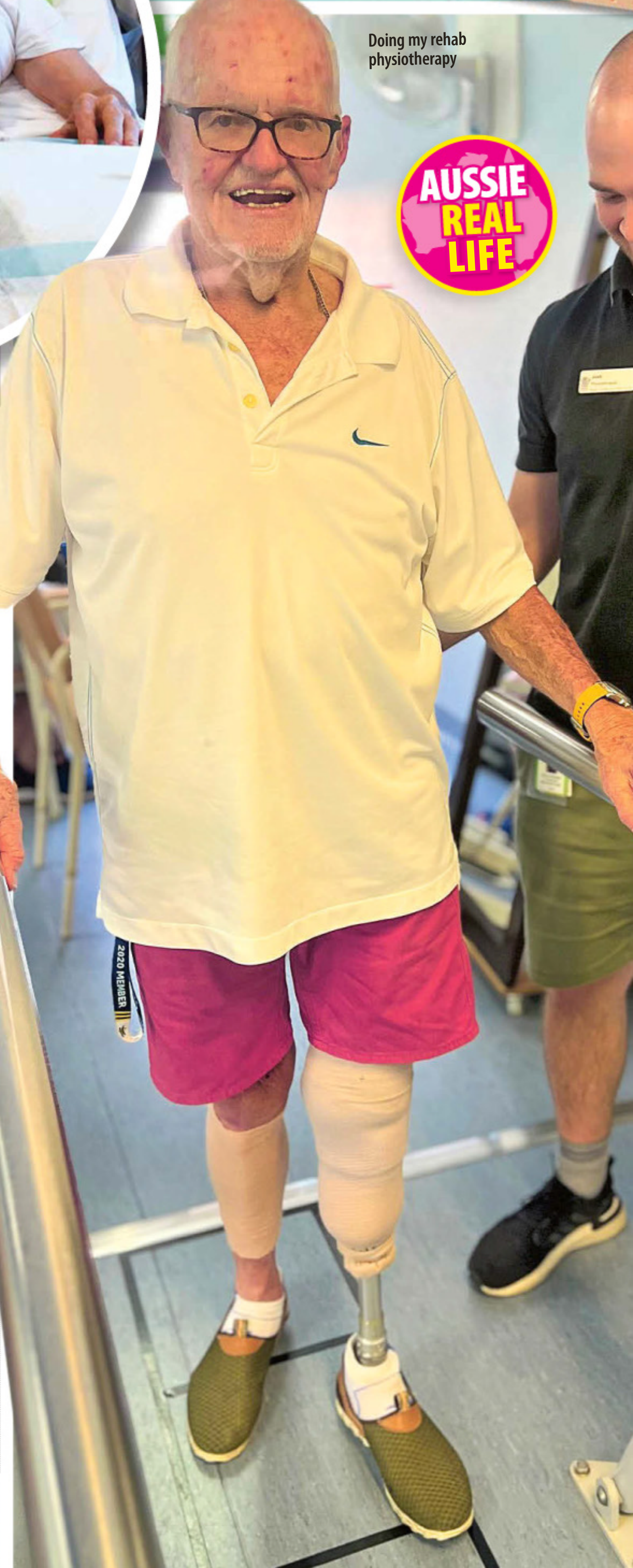
But I'm just so glad to still be here for Susan and Kylie and our other kids, Julie, 49, and Greg, 56, plus our lovely grandchildren, William, 21, Abbey, 20, Molly, 18, Angus, 16, and Henry, 13.

Doctors are keeping an eye on my other leg for signs of infection, but I'm determined to deal with whatever life throws at me. I can't thank the hospital and rehab teams enough for their wonderful care.

I'm sharing my story to remind everyone, especially people with diabetes, to be mindful of what might seem like a small nick, blister or graze. I'm a lesson to everyone to look after yourselves. ●

As told to Lisa Brookman

Has a small injury changed your life?
Tell us at
thatslife@aremedia.com.au



Doing my rehab physiotherapy

AUSSIE REAL LIFE

Foodie THIE

Richard Valliéres

LIQUID LOOT

'The party's over!' Those were the words uttered by the ringleader of Canada's biggest maple syrup heist when authorities uncovered his sticky deception.

Between 2011 and 2012, Richard Vallières orchestrated the gradual theft of nearly 3000 tonnes of maple syrup, worth over $19 million, from a warehouse run by the Federation of Quebec Maple Syrup Producers.

In July 2012, the federation, who control nearly 80 per cent of the world's maple syrup supply, were conducting their annual warehouse inspection. During the checks, they discovered 9571 of their barrels were either empty or had been filled with water.

A police investigation revealed Richard, who admitted to being involved in the maple syrup black market for years, had been taking deliveries of barrels stolen from the warehouse. He'd drain them of the valuable syrup then return the barrels.

Thanks to the absence of security cameras, the theft had gone undetected until the inspection. A total of 26 arrests were made, including Richard's father Raymond.

During the trial, it was revealed the gang viewed themselves as performing a 'Robin Hood' service in rebellion against the federation's heavy-handed restrictions.

'Stealing from thieves is not stealing,' Raymond Valliéres was reported as saying.

The courts disagreed, and, in 2017, Richard Valliéres, then 38, was sentenced to eight years in prison and issued a $10 million fine. Raymond Valliéres was given two years in jail. ●

Canadian maple syrup

Maple syrup

COMPILED BY SAMANTHA IRELAND PHOTOS: GETTY IMAGES; TULSA POLICE DEPT; MARIKA WHEELER CBC; YOUTUBE

WINE CRIME

Rudy Kurniawan was considered one of the top five wine collectors in the world. Between 2004 and 2012, he made millions selling bottles of vintage and rare wines to discerning connoisseurs.

Rudy won the respect and friendship of billionaires, and spent his own fortune on sports cars and property. But it was Rudy's lack of attention to detail that would eventually be his downfall.

He tried to sell a 1929 bottle of Domaine Ponsot, which the wine's maker knew was suspicious considering they didn't start making this particular wine until 1934.

Then, when Rudy tried to auction off more bottles of 1947 Chateau Lafleur than were actually produced, These not-so-clever crims were caught out by their tastebuds

VES

SNAGGED BY A SNACK

Sharon Carr was charged

A suspected burglar has been caught thanks to a case of the munchies.

In February 2021, a mum of two called police to report that a woman had unlawfully entered her property after removing a flyscreen from a window.

When police arrived, the intruder had already made her escape.

But next to the window they found a bag of popular snack food Cheetos and a bottle of water, which they believed the offender dropped during her retreat.

As police inspected the scene, the suspected would-be thief, Sharon Carr, was spotted nearby.

The victim identified Carr as being the intruder after seeing her, Tulsa Police wrote on their Facebook page.

If the witness' claim wasn't enough, Police say they discovered incriminating evidence on the suspect.

Carr was further linked to the crime by having Cheetos residue on her teeth, officers added.

Sharon Carr was subsequently charged with first-degree burglary. ●

A bag of Cheetos was at the scene

alarm bells in the wine world were well and truly ringing.

Authorities were called and a raid on Rudy's Californian mansion revealed the depths of his deception.

Around 19,000 fake wine bottle labels were discovered, along with empty bottles and corks. Rudy had been bottling cheaper wines and, taking advantage on the nature of wine collecting where bottles are stored rather than tasted, he'd been passing them off as posh plonk.

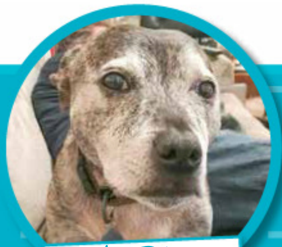
In 2013, Rudy Kurniawan became the first person in US history to be convicted of wine fraud and was sentenced to 10 years in prison. He was deported back to his native Indonesia in 2021.

Billionaire wine investor William Koch, who was conned when he paid over $3.1 million for 219 bottles of fake wine, said in the documentary about Kurniawan called *Sour Grapes* that to him, wine collecting was like a religion.

'I hate being cheated,' William said. ●

Rudy Kurniawan
11:05 AM
FEB. 25, 2011

Wine shown in evidence



with Dizzy
PET EDITOR

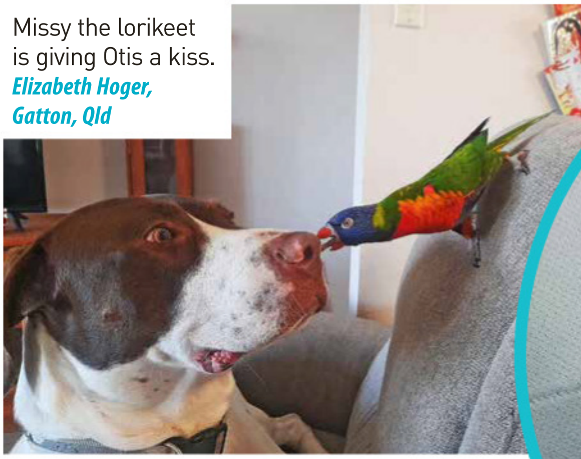
PETS ARE PAW

Each week we bring you the cutest pets from Instagram!

PET of the WEEK

Kitty likes sleeping with one eye open so she doesn't miss out on anything exciting. *Jess Knox, Mount Austin, NSW*

Missy the lorikeet is giving Otis a kiss. ***Elizabeth Hoger, Gatton, Qld***



Patch was so excited to be going for a ride in the car – I didn't have the heart to tell him we were going to the vet. ***Leanne Westerling, Booval Fair, Qld***

Vader, my Tibetan spaniel, thinks those stairs are hard work – I agree! ***Wanda Zakrzewski, Maroubra, NSW***

Socks simply loves muddy puddles! ***Rebecca Woods, Nhill, Vic***

write: AUS: *GPO Box 5245 Sydney NSW 2001* **NZ:** *PO Box 90064, Victoria Street West, Auckland 1142*

SOME!

WE PAY FOR EACH PHOTO USED

ARE
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TO BE
FINE

INSTA PET
@DJANGO_AND_CHLOE

I've got the right cattitude for crosswords

I adopted Frankie, three, last year from Furever Homes Invercargill. We love our weekends relaxing and doing the *that's life!* big crossword. *Kirsten Dyer, Invercargill, NZ*

Question: What do you call a bear that's wet all over?
Answer: A drizzly bear.

$50 CASH
1 TO BE WON

PET IN A PUZZLE

Spot the difference: PET IN A PUZZLE!

Turn to entry coupon (p52) to enter!

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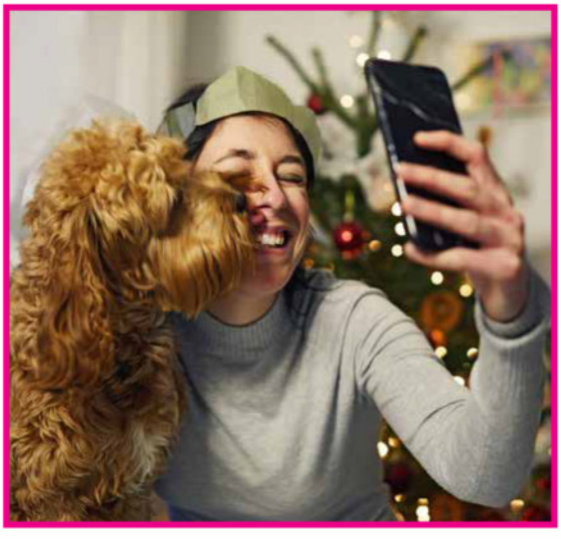
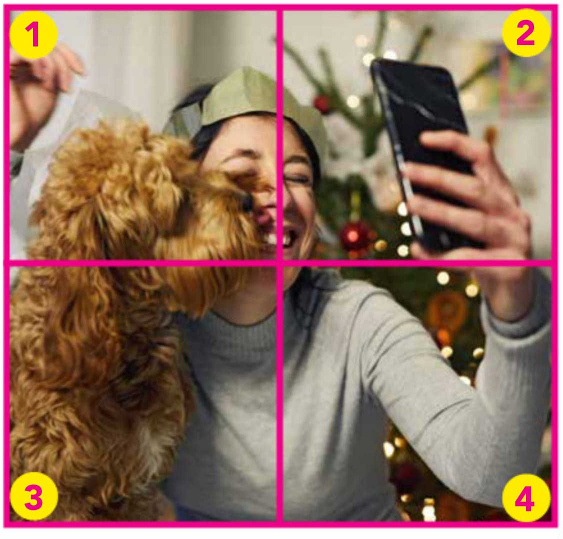
If you look at the two pictures, we've made a change to the second picture. When you have found the change, write the number of the quadrant in which the change occurs on the puzzle entry coupon on page 52 for your chance to win.





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Afternoon delight

After her marriage ended, Diana needed to feel alive again

Diana, 56, Gold Coast, Qld*

I sat in the airport departure lounge and texted Doug. *Flight on time. Look forward to seeing you!*

I'd known Doug since we were in our 20s. We'd dated briefly then attended each other's weddings. We'd kept in touch via phone and email. But, living in different cities, we hadn't seen each other in ages.

Now heading to Sydney to surprise Dad on his 83rd birthday, I decided to catch up with my old friend.

Over the past few months, I'd been through a marriage breakdown and the sale of the marital home.

After the plane landed, I found Doug and we exchanged a warm hug. 'It's so lovely to see you,' I said.

'It's been too long,' he replied, hugging me tight.

'Thanks for inviting me to stay,' I said. 'Are you sure Gwen's okay with it?'

'Of course,' he said.

Doug had been married to Gwen for 25 years. We'd met a few times and got along, but I didn't want to impose. On the drive to their place, Doug turned to me.

'I'm surprised you two separated,' he said. 'I thought you were happy.'

'We were once,' I sighed. 'But he got so distant as the years went by. Once our daughter had grown up and left, I decided I'd had enough.'

'I've been unhappy for a long time too,' he admitted. 'My marriage is more like a business arrangement now.'

'I'm sorry to hear that,' I said, surprised. 'I hope you can work things out.'

'Not much chance of that,' he sighed. He took my hand and squeezed it.

I tried to shake off the butterflies in my stomach. Doug was in his 50s, like me. He was an attractive man, but I hadn't been with anyone but my husband in decades.

Gwen had dinner waiting for us. 'It's great to see you,' she said.

Over the next three days, I could see they treated each other quite coldly, which made me uneasy. But after Gwen went to bed each night, Doug and I sat up, reminiscing for hours.

I could tell Gwen didn't like how close we were. On my last morning before she went to work, she gave me a peck. 'It's been nice having you here,' she said stiffly.

Doug loaded my bags into his car to drive me to Dad's.

'I'll miss you,' he said, as we headed off.

'I'll miss you too,' I replied tearfully.

'Let's stop for a coffee,' he suggested, pulling up.

But instead of getting out, we turned to each other and our lips met. And it was no friendly peck – this kiss was electric!

'There's a hotel near here…' he began, and I nodded.

After being in a miserable marriage for so long, I wanted him badly. In the hotel room we fell into bed, drank champagne and fed each other chocolate covered strawberries.

> This was no friendly kiss – it was electric!

It was the most wonderful afternoon I'd ever had.

Hours later, we reluctantly left and Doug dropped me off at Dad's.

'That was one of the best days of my life,' I smiled.

'Mine too,' he said, kissing me.

Weeks later, I still get shivers thinking about it. I've heard from Doug to say he misses me, but I don't know if he'll ever leave Gwen.

Even if he doesn't, I'm now a rejuvenated woman at 56. I had a liaison with a man who holds a special place in my heart.

And I don't regret it, because it made me feel alive, and helped me believe in passion all over again. ●

AS TOLD TO JULES LEWICKI PHOTOS: GETTY IMAGES *ALL NAMES AND IDENTIFYING DETAILS HAVE BEEN CHANGED. PHOTO RE-ENACTMENT POSED BY MODELS

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REAL FOOD

Home cooked never tasted SO good!

PIRI PIRI CHICKEN BAKE

SERVES 4-6

PREP AND COOK: 1 HOUR

8 chicken thigh cutlets, skin on (1.6kg)
2 tblsps piri piri barbecue seasoning
⅓ cup chicken stock
750g chat potatoes, quartered
250g packet vine-cherry tomatoes
1 red onion, thickly sliced
2 tblsps lemon juice
Lemon wedges and chopped fresh parsley, to serve

1 Combine chicken and seasoning in a large bowl. Toss well to coat.
2 Heat an oiled, large, flameproof roasting pan over a high heat. Add chicken, skin side down. Cook for about 3 minutes on each side, or until golden brown. Transfer chicken to a plate.
3 Add stock to same roasting pan. Bring to the boil. Remove from heat. Arrange potatoes, tomatoes and onion over base of pan. Top with chicken, skin side up. Pour over lemon juice.
4 Cook in a hot oven (200°C) for about 45 minutes, or until chicken is cooked through and potatoes are tender.
5 Serve with lemon wedges. Garnish with chopped parsley.

Top tips

Chicken thigh cutlets have the bone and skin attached. If you prefer, replace them with chicken drumsticks or Marylands.

Savoury BAKES

Fuss-free meals, full of flavour

Try this

Frozen scalloped potatoes are available in the freezer section of major supermarkets. If you prefer, replace with frozen fries or wedges. Any flavoured pasta sauce can be used instead of the stir-through sauce.

CHEESY LAMB POTATO BAKE

SERVES 4-6
PREP AND COOK: 1 HOUR

1 large red onion, finely chopped
3 cloves garlic, crushed
500g lamb mince
1 tsp mixed spice
400g can diced tomatoes
350g jar Leggo's Stir Through Roasted Vegetables sauce
½ cup Greek yoghurt
1 egg
1 cup grated pizza cheese
600g packet Frozen Scalloped Potatoes
Mixed salad leaves, to serve

1 Heat an oiled, large frying pan over a medium to high heat. Add onion and garlic. Cook, stirring occasionally, until soft. Add lamb. Cook, stirring to break up mince for about 5 minutes, or until browned. Add mixed spice. Cook, stirring, for 1 minute.

2 Add tomatoes, sauce and ½ cup of water. Bring to a boil. Gently boil, stirring occasionally, for about 5 minutes, or until slightly thickened. Remove from heat.

3 Whisk yoghurt with egg in a large jug. Stir in the cheese.

4 Spoon lamb mixture into an oiled, ovenproof dish (10-cup capacity). Dollop with the yoghurt mixture. Arrange frozen scalloped potatoes evenly over top.

5 Cook in a moderate oven (180°C) for about 40 minutes, or until browned and potato is tender. Remove.

6 Serve bake with mixed salad leaves.

CHIPOLATA TRAY ROAST WITH LEMON PESTO

SERVES 4
PREP AND COOK: 50 MINS

750g chat potatoes (12)
16 beef chipolata sausages (600g)
2 large zucchini, thickly sliced diagonally
1 large yellow capsicum, thickly sliced
1 red onion, cut into wedges
250g punnet cherry tomatoes
2 cloves garlic, crushed
2 tblsps olive oil
½ cup fresh basil pesto
1 tblsp lemon juice
Lemon wedges, to serve

1 Place potatoes in a large microwave-safe bowl. Cover with plastic wrap. Pierce wrap with fork. Microwave on High (100% power) for 7 minutes, or until just tender. Remove. Stand, covered, for 5 minutes. Drain.

2 Transfer potatoes to an oiled, large roasting pan. Squash them with the back of a spoon.

3 Place sausages in a large bowl with zucchini, capsicum, onion, cherry tomatoes, garlic and olive oil. Toss well. Arrange around potatoes in the pan. Season with salt and pepper.

4 Cook in a very hot oven (220°C) for about 30 minutes, or until sausages are browned and cooked, and vegies are golden. Remove.

5 Stir pesto into lemon juice in a small bowl. Spoon over sausages and vegetables.

6 Serve with lemon wedges.

Top tips

Try swapping basil pesto with sundried tomato pesto, for a change. After you remove potatoes from microwave, leave plastic wrap in place for the 5 minutes.

MEDITERRANEAN MEATBALL TRAY BAKE

SERVES 4-6
PREP AND COOK: 55 MINS

1 large red onion, thickly sliced
2 x 250g punnets cherry tomatoes
¾ cup pitted kalamata olives (120g)
½ cup pizza sauce
2 tsps olive oil

MEATBALLS

3 slices white sandwich bread (100g)
⅓ cup milk
750g beef mince
3 cloves garlic, crushed
2 tblsps Dijon mustard
½ cup finely grated parmesan, plus extra to serve
1 egg, lightly beaten
⅓ cup chopped fresh parsley, plus extra to garnish

1 To make meatballs, tear bread, including crusts, into small pieces. Combine in a large bowl with milk. Stand for 10 minutes to soak.

2 Add remaining ingredients to bread. Season with salt and pepper. Mix well and divide into eight equal portions. Roll into meatballs.

3 Place onion, tomatoes, olives, pizza sauce and 2 tblsps of water in an oiled, large, non-stick roasting pan. Season with salt and pepper. Toss well to combine. Arrange meatballs over top. Drizzle with oil.

4 Cook in a hot oven (200°C) for about 30 minutes, or until onion is tender and meatballs are cooked through. Remove from oven.

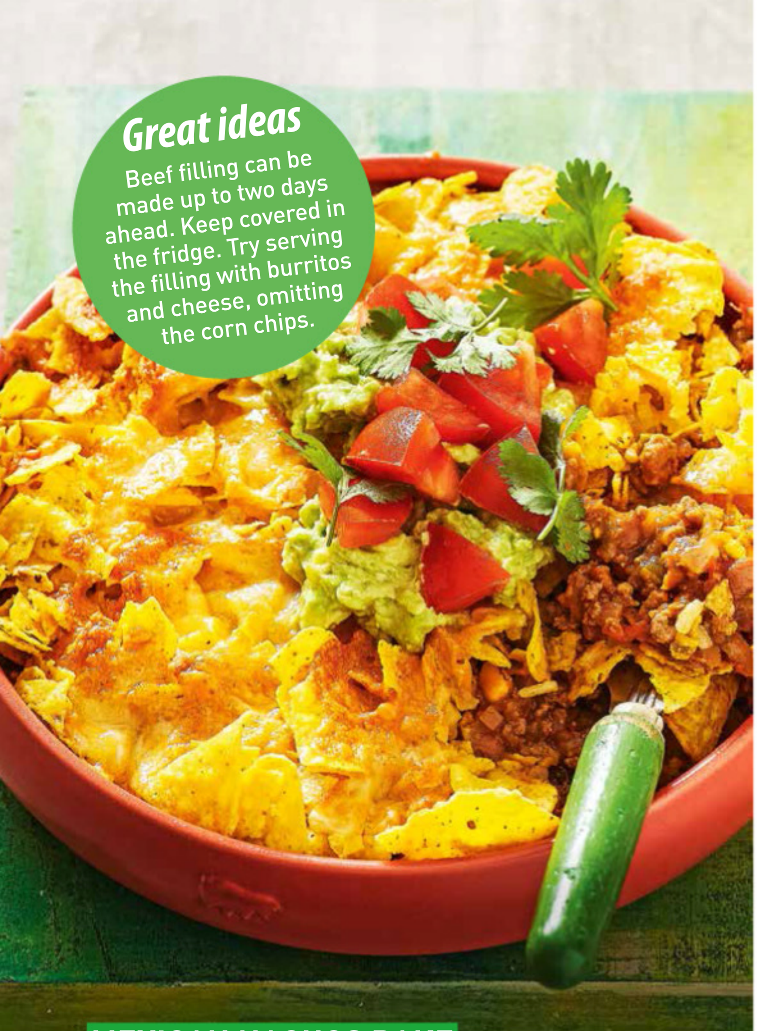
5 Serve sprinkled with extra parmesan. Garnish with chopped parsley.

Make ahead

Meatballs can be made up to one day ahead. Keep, covered, in the fridge, or freeze for up to one month. You will need 1 bunch of parsley for this recipe.

that's life! CUT WASTE SAVE CASH!

Add a little warm water to the remains of a jar of Vegemite or peanut butter, replace the lid and shake. Use the Vegemite to add extra flavour to a gravy, casserole or pie filling, and add the peanut butter to a satay sauce or your favourite curry.



Great ideas

Beef filling can be made up to two days ahead. Keep covered in the fridge. Try serving the filling with burritos and cheese, omitting the corn chips.

MEXICAN NACHOS BAKE

SERVES 4-6
PREP AND COOK: 45 MINS

175g packet original corn chips, crushed
1½ cups Mexican three-cheese blend
Guacamole, chopped tomatoes and sour cream, to serve

FILLING

1 large onion, finely chopped
1 green capsicum, finely chopped
2 cloves garlic, crushed
500g beef mince
30g sachet taco seasoning mix
425g can Mexe beans
375g jar mild Mexican salsa
⅓ cup chopped fresh coriander leaves, plus extra to garnish

1 Grease a 25cm round ovenproof dish (8-cup capacity).

2 To make filling, heat an oiled, large, deep frying pan over a medium heat. Add onion, capsicum and garlic. Cook, stirring occasionally, until onion is soft. Add beef. Cook, stirring with a wooden spoon to break up mince, for about 5 minutes, or until browned.

3 Add seasoning. Cook, stirring, for 1 minute. Add undrained beans and salsa. Mix well. Bring to a boil. Boil gently, stirring occasionally, for about 10 minutes, or until slightly thickened. Remove from heat. Stir in coriander. Spoon into prepared dish.

4 Combine corn chips with ½ cup of the cheese in a large bowl. Scatter over filling. Top with remaining cheese.

5 Cook in a moderate oven (180°C) for about 12 minutes, or until golden brown.

6 Serve with guacamole, chopped tomatoes and sour cream. Garnish with extra coriander.

BAGEL BAKE WITH SMOKED SALMON

SERVES 6
PREP AND COOK: 1 HOUR, 20 MINS

250g block cream cheese, softened
2 tblsps Dijon mustard
2 cloves garlic, crushed
6 plain bagels
8 eggs
1½ cups milk
1 cup finely grated parmesan
⅓ cup each of thinly sliced fresh chives and finely chopped fresh parsley
200ml tub crème fraîche
1½ tblsps horseradish cream
Sliced smoked salmon and fresh rocket leaves, to serve

1 Grease a 20cm x 30cm x 6cm deep, rectangular, ovenproof dish (10-cup capacity).

2 Combine cream cheese, mustard and garlic in a bowl. Mix well.

3 Cut the bagels in half horizontally. Spread about 1 heaped tblsp of the cream cheese mixture over the cut-side of each bagel.

4 Arrange bagel bases, cream cheese-side up, over base of prepared dish. Top with bagel lids.

5 Whisk eggs with milk, parmesan, chives and parsley in a large jug until combined. Season with salt and pepper. Pour over bagels. Cover with plastic wrap. Refrigerate for at least 6 hours, or overnight. Discard plastic.

6 Cook, uncovered, in a moderately slow oven (160°C) for about 55 minutes, or until egg mixture is set and top is golden and crisp.

7 Combine crème fraîche with horseradish cream in a bowl. Mix well.

8 Serve bagel bake topped with crème fraîche mixture, smoked salmon and rocket leaves.

Good to know

You will need 1 large bunch fresh chives. Try serving the bake with cooked bacon or sliced ham instead of the smoked salmon.

Try this

Replace wings with chicken nibbles (wing tips and drumettes). Cooking time may vary slightly. Try serving with microwave rice.

STICKY CHINESE CHICKEN WING TRAY BAKE

SERVES 4-6
PREP AND COOK: 1 HOUR, 10 MINS

1.5kg chicken wings
Garlic salt, to taste
5 green spring onions, cut into 5cm lengths, plus extra sliced to garnish
1 large red capsicum, cut into 4cm pieces

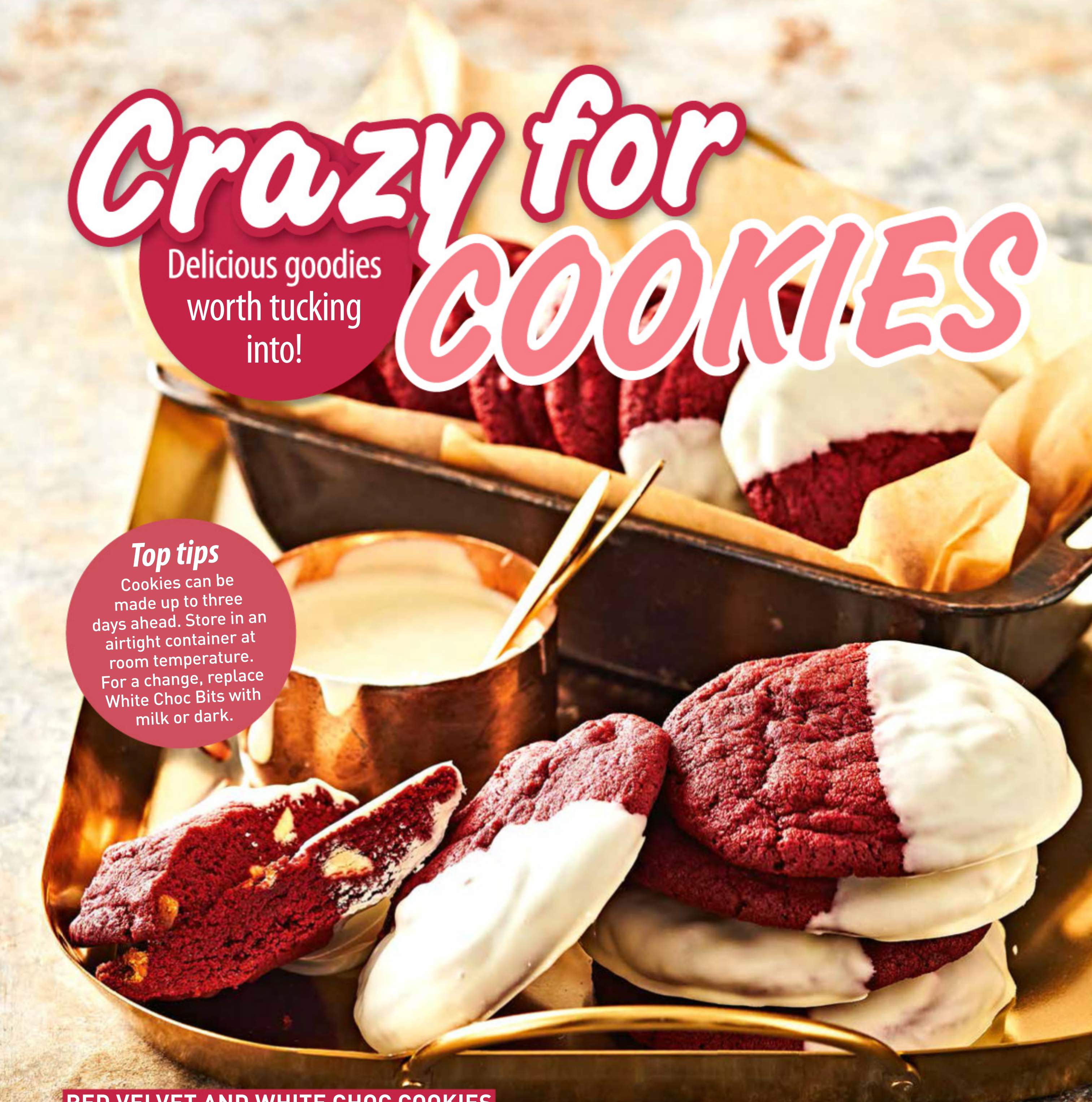
SAUCE

⅓ cup char siu sauce
¼ cup honey
2 tblsps chilli garlic sauce
1 tblsp white vinegar

1 To make sauce, combine all ingredients with 2 tblsps of water in a small jug and mix well.
2 Place chicken in a single layer in an oiled, large roasting pan. Season with garlic salt.
3 Cook in a hot oven (200°C) for 20 minutes. Remove pan from oven. Add onions and capsicum. Toss to combine. Return to oven. Cook for a further 10 minutes. Remove from oven.
4 Pour over sauce. Toss well to coat chicken. Return to oven and cook, tossing halfway through, for a further 20 minutes, or until chicken is cooked and sauce is golden and sticky. Remove from oven.
5 Garnish with extra green spring onions. Serve.

Crazy for COOKIES

Delicious goodies worth tucking into!



Top tips

Cookies can be made up to three days ahead. Store in an airtight container at room temperature. For a change, replace White Choc Bits with milk or dark.

RED VELVET AND WHITE CHOC COOKIES

MAKES 16
PREP AND COOK: 45 MINS

- *250g butter, softened*
- *¾ cup caster sugar*
- *¾ cup firmly packed brown sugar*
- *1 tsp vanilla extract*
- *1 egg, at room temperature*
- *1 tblsp liquid red food colouring*
- *2 cups plain flour*
- *¼ cup cocoa powder*
- *1 tsp baking powder*
- *1 cup White Choc Bits*
- *290g bag White Choc Melts*

1 Grease and line three large oven trays with baking paper.

2 Beat butter, sugars and vanilla in a small bowl of an electric mixer until light and fluffy. Beat in egg, until just combined. Beat in colouring. Transfer to a large bowl.

3 Stir in combined sifted flour, cocoa and baking powder until combined. Stir in White Choc Bits.

4 Spoon level ¼ cups of the mixture, about 5cm apart, onto prepared trays (about six on each tray).

5 Cook in a moderately slow oven (160°C), swapping trays halfway, for about 18 minutes, or until just firm to touch. Remove from oven and stand on trays for 5 minutes. Transfer to wire racks to cool completely.

6 Place White Choc Melts in a small microwave-safe bowl. Microwave on High (100% power), stirring every 20 seconds, for about 1½ minutes, or until melted. Remove from microwave.

7 Working with one cookie at a time, half dip in chocolate, allowing excess to drain away. Place onto trays lined with baking paper to set.

PEANUT BUTTER AND JELLY COOKIES

MAKES 20
PREP AND COOK: 40 MINS

100g butter, softened
⅔ cup crunchy peanut butter
½ cup caster sugar
½ cup firmly packed brown sugar
1 tsp vanilla extract
1 egg
1¼ cups plain flour
1 tsp baking powder
¼ cup raspberry jam

1 Line two large oven trays with baking paper.
2 Beat butter, peanut butter, sugars and vanilla in small bowl with an electric mixer until light and fluffy. Add egg. Beat until combined. Transfer mixture to a large bowl. Add combined sifted flour and baking powder. Stir until combined. Cover and refrigerate for about 30 minutes, or until firm enough to roll.
3 Roll heaped tablespoons of the mixture into balls. Place about 4cm apart on prepared trays. Using your thumb, gently press down on the tops to make an indent in the centre of each ball. Fill each with ½ tsp of jam.
4 Cook in a moderately slow oven (160°C), swapping trays halfway through, for 12 minutes, or until edges are golden brown. Cool completely on trays.

Swap it

Try replacing raspberry jam with blackberry jam, for a change.

Try this

You can replace Milk Choc Bits with Dark Choc Bits, and cranberries with sultanas, for a change.

FRUIT AND NUT CHOC-CHIP COOKIES

MAKES 16
PREP AND COOK: 50 MINS

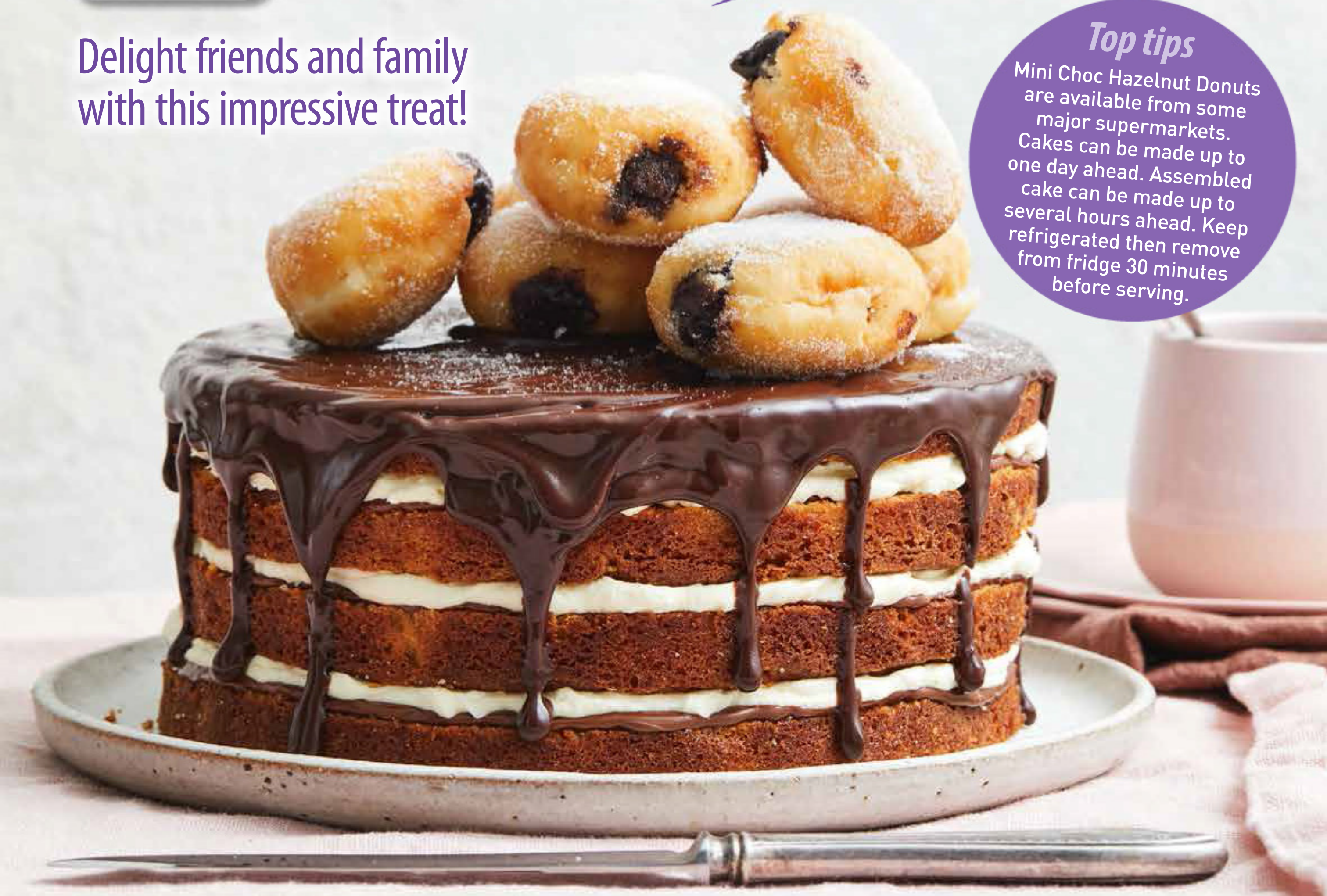
125g butter, softened
1 cup firmly packed brown sugar
1 egg, at room temperature
1½ cups self-raising flour
½ cup Milk Choc Bits
½ cup dried cranberries
½ cup chopped pecans

1 Line two large oven trays with baking paper.
2 Beat butter and sugar in small bowl of an electric mixer until light and fluffy. Beat in egg until combined. Add flour, Choc Bits, cranberries and pecans. Stir until combined.
3 Roll 2 tblsps of the mixture into balls. Arrange about 4cm apart on prepared trays.
4 Cook in a moderately slow oven (160°C), swapping trays halfway through, for about 25 minutes, or until golden brown. Remove. Cool on trays. Serve.

Karen Buckley
Food Editor

THIS WEEK WE'RE LOVING...

Delight friends and family with this impressive treat!



Top tips

Mini Choc Hazelnut Donuts are available from some major supermarkets. Cakes can be made up to one day ahead. Assembled cake can be made up to several hours ahead. Keep refrigerated then remove from fridge 30 minutes before serving.

NUTELLA DONUT LAYERED CAKE

SERVES 8
PREP AND COOK: 1 HOUR, 15 MINS

250g butter, softened
1½ cups caster sugar
2 tsps vanilla extract
4 eggs
1 cup milk
2⅔ cups self-raising flour
1 tsp ground cinnamon
1½ cups thickened cream
2 tblsps icing sugar mixture
1 cup Nutella (300g)
Mini Choc Hazelnut Donuts, to decorate (see Tip)

CHOCOLATE DRIZZLE

100g dark cooking chocolate, chopped
¼ cup thickened cream

1 Grease two 20cm round cake pans. Line bases and sides with baking paper, extending paper 3cm above pan edges.

2 Beat butter, caster sugar and vanilla in large bowl of an electric mixer until light and fluffy. Beat in eggs, one at a time, until combined. Add milk and combined sifted flour and cinnamon, in two batches, folding until combined.

3 Divide mixture evenly between prepared pans. Smooth over tops.

4 Cook in a moderately hot oven (180°C) for 40-45 minutes, or until cooked when tested. Stand in pans for 5 minutes. Transfer to a wire rack to cool.

5 To make chocolate drizzle, combine ingredients in a heatproof bowl. Sit bowl over a saucepan of simmering water. Stir until melted and smooth. Remove from heat. Stand for about 10 minutes, or until thickened slightly.

6 Beat cream and icing sugar mixture in the large bowl of an electric mixer until soft peaks form.

7 Trim top of cakes to sit flat. Cut cakes in half horizontally. Place one cake layer on a serving plate. Spread ⅓ cup of Nutella over top, then spread ⅓ of the cream over Nutella. Repeat layering with remaining cakes, Nutella and cream, finishing with a layer of cake, cut-side down.

8 Carefully pour chocolate drizzle over top of cake, allowing it to drip down side. Decorate with donuts.

ISSUE 16

PUZZLE central

22 PAGE PULLOUT

WIN! MAZDA CX-3 SUV

WORTH $26,990

1 TO BE WON

Dan & Simon

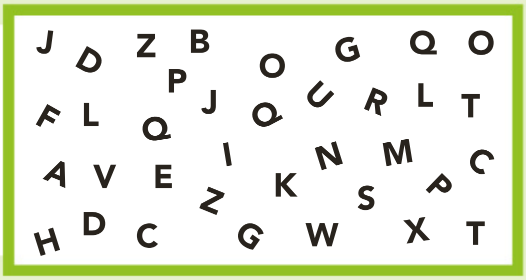
We would love to hear from you. Email us at *thatslife@aremedia.com.au*

FEATURES

- 16 inch wheels
- Halogen headlamps
- Keyless push-button engine start
- Cruise control
- Bluetooth® hands-free phone
- Steering wheel audio controls
- Rear parking sensors

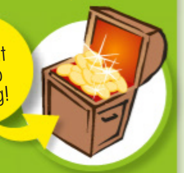
No.1

HOW TO WIN... One letter of the alphabet cannot be found in the grid. When you know which one it is, write that letter only on the entry coupon and you could be a winner.



No.2

Treasure Chest!


This is **NOT** it – keep looking!

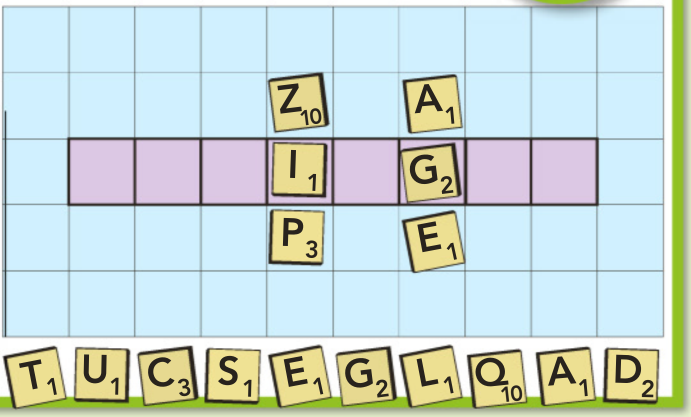
HOW TO WIN... The Treasure Chest is hidden somewhere on another page of the magazine, but where? Hint: It will not be on a puzzle page. The one you're looking for is smaller than the one shown here. Write the page number where you found it on the entry coupon and you could win! See inside for puzzle terms and conditions.

No.3 Amazon Smart Home Speaker

WORTH $199

HOW TO WIN... Use the letters at the bottom of the grid to form a word in the lilac squares that has a total score value of 19. Each letter can be used only once, however there may be letters left over that won't need to be used. For your chance to win, write the word that totals 19 only on the entry coupon.

WE are PUZZLES



WIN! $100 CASH

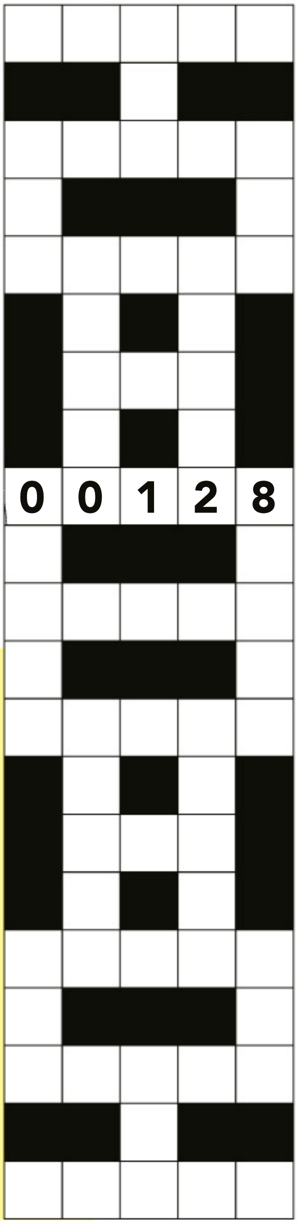
Visit *aremedia.com.au/competitions* for terms and conditions. Authorised under: NSW:TP/00018, SA:T22/1995, ACT:TP 22/02410.

No. 4

Samsung Smart TV

WORTH $1129

HOW TO WIN... Fit the listed number sequences into the grid. We've filled in one number sequence to get you started. One number sequence, however, will not fit. When you've worked out what it is, write this sequence of numbers only on the entry coupon for your chance to win.



NUMBER LIST

THREE DIGITS
011
108
223
245
419
585
677
968

FIVE DIGITS
~~00128~~
05177
12267
17809
29233
38922
41390
50470
63005
68612
72546
75145
85631
89926
93867
98500

No. 5

Trivia Quiz

WIN! $90 CASH

HOW TO WIN... Test your wits against our quizmaster and see how many questions you can get right. For a chance to win our prize, write the answer to number one only on the entry coupon. The rest of the answers are at the bottom of the page.

1 Io, Europa and Ganymede are all moons orbiting which planet?

2 What is the name of the robotic maid in *The Jetsons*?

3 Ulaanbaatar is the capital city of which Asian country?

4 The fruit granadilla goes by which other common name?

5 According to the proverb, what do too many cooks spoil?

6 What were the first names of the singing duo Simon & Garfunkel?

7 Which Italian dessert is made with ladyfingers dipped in coffee, liqueur and covered in mascarpone?

8 In which decade was Anthony Hopkins born?

9 According to the periodic table, which element is heavier – gold or iron?

10 Who is Calista Flockhart married to?

ANSWERS: 1 Winning answer, 2 Rosie, 3 Mongolia, 4 Passionfruit, 5 The broth, 6 Arthur "Art" and Paul, 7 Tiramisu, 8 1930s, 9 Gold, 10 Harrison Ford.

No. 6

Scatter Word

WIN! $50 CASH

HOW TO WIN... There are six lollies with letters on them scattered over the Puzzle Central pages. Once you've found them all, rearrange the letters to spell a word. Write this word on the coupon for a chance to win.

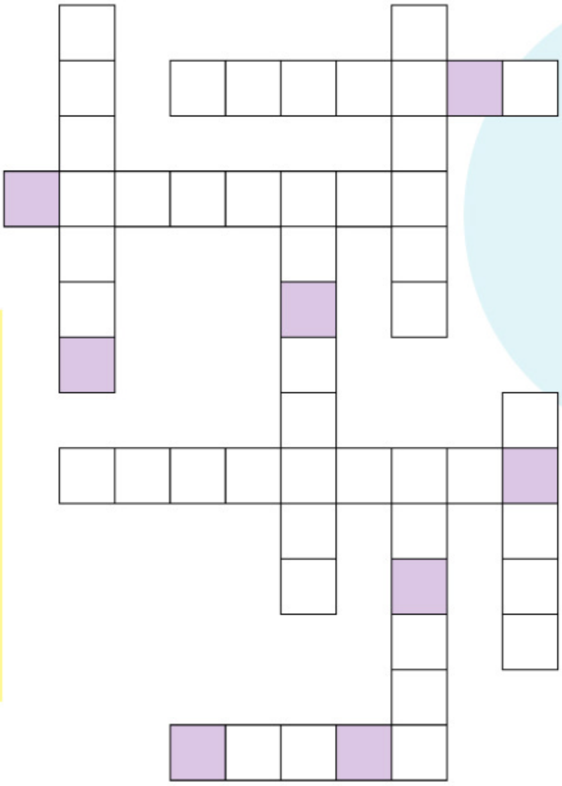
No. 7

Fisher & Paykel Washing Machine

WORTH $849

HOW TO WIN...

Here's a puzzle dedicated to African animals. Simply slot the words into the grid. There is only one nine-letter word and only one place it will go. When the puzzle is complete, the letters in the coloured squares, when rearranged, will spell another African animal. Write this word only on the entry coupon.



WORD LIST

FIVE LETTERS	SEVEN LETTERS	NINE LETTERS
Hyena Zebra	Buffalo Giraffe	Crocodile

SIX LETTERS	EIGHT LETTERS
Impala Jackal	Aardvark Antelope

No. 8

Smart Navigation Robotic Vacuum

WORTH $999

HOW TO WIN...

Read the clues and strike out all the words on the wall that fall into the listed categories. You will be left with one word remaining on the wall. Write this word only on the entry coupon and you could be a winner.

Snow Cone March Ring
Father Stem Uncle Stamen April
Hail Brooch July Square
Triangle Bangle Kite Hurricane Cousin
Leaf May Ledge Petal
Pendant Necklace Root Anklet Nephew
Cloudy June Mum Circle

CLUES

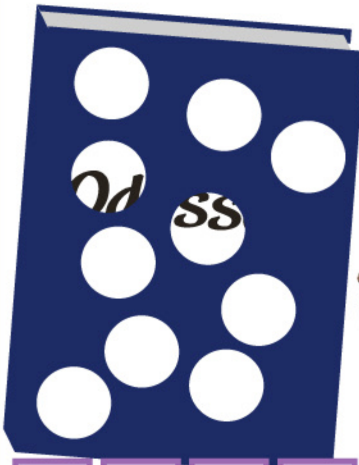
1 Shapes
2 Weather words
3 Jewellery items
4 Family members
5 Months
6 Flower or plant parts

No. 9

Picnic Basket Set

WORTH $312

HOW TO WIN... A worm's been eating holes through some famous texts, revealing small glimpses of the title page beneath the front cover. By using the portions of the letters you can see through the holes, work out the title of this famous ancient Greek epic poem. Write this title only on the entry coupon.

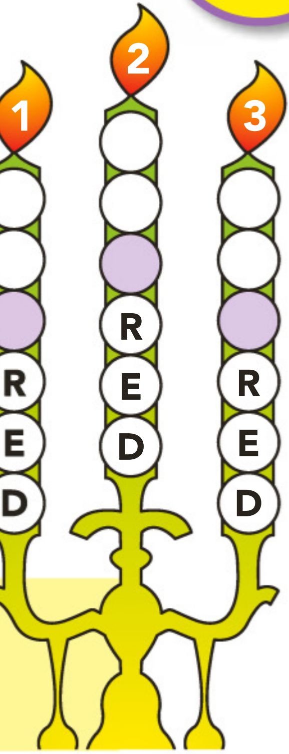


No. 10

Amazon Smart Speaker

WORTH $59

HOW TO WIN... The answers to this puzzle all end with the letters 'RED'. When the puzzle is complete, the letters in the coloured row will spell a word. For a chance to win, write this word only on the entry coupon.



CLUES

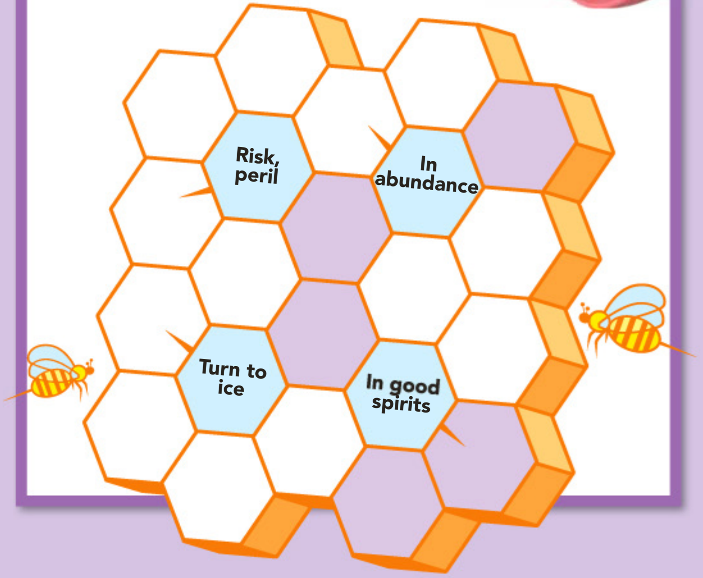
1 Loathing, intense dislike
2 Made points in a game
3 Ogled, stared at lasciviously

No. 11

Fitbit Fitness Tracker

WORTH $149

HOW TO WIN... Each of the clues in our honeycomb has a six-letter answer. Write the answers clockwise in the spaces around the appropriate clues, starting at the one marked by the pointer. When the puzzle is complete, the letters in the lilac spaces, reading from left to right and top to bottom, will spell a word. Write this word only on the entry coupon and you could be a winner.

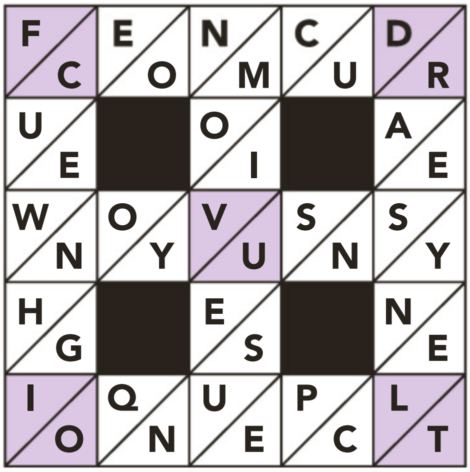


No. 12

Sunbeam Kettle & Toaster

WORTH $159

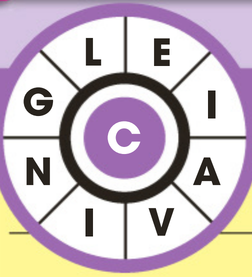
HOW TO WIN... Cross out the incorrect letters in each square to end up with a crossword grid full of real words. When the grid is complete, the letters in the coloured undeleted triangles, reading left to right and top to bottom, will spell a word. Write this word only on the coupon and you could be a winner.



F / C	E / O	N / M	C / U	D / R
U / E		O / I		A / E
W / N	O / Y	V / U	S / N	S / Y
H / G		E / S		N / E
I / O	Q / N	U / E	P / C	L / T

No. 13

Classic Tote Handbag



WORTH $219

HOW TO WIN... Using all the letters in the grid, find the nine-letter word for watchfulness or alertness. For a chance to win, write the nine-letter word on the entry coupon. Now, just for fun, see how many other words of three or more letters you can find in the grid. In making a word, each letter can be used only once and every word must contain the centre letter. Proper nouns are not allowed.

This week's target: 0-9 words, better luck next time; **10-16** words, good; **17-23** words, very good; **24-29** words, excellent; **30+** words, genius!

No. 14

Spelling Test

HOW TO WIN...
We have given you the definition of a word and only one of these spellings is correct. When you know which one it is, write the letter next to it on the entry coupon for your chance to win.

WORDS
- **A** Wayfairer
- **B** Wayfarer
- **C** Wheyfarer
- **D** Waufarer

Definition: Person who travels on foot

No. 15

Pyrolux Cookware Set

WORTH $507

HOW TO WIN...
All of the consonants from the music performer's name below have been taken out. Use the given letters to fill in the spaces. Each letter may be used only once. When you have filled in all of the consonants and worked out what the singer's name is, write this singer only on the entry coupon for your chance to win.

B B L L M R S W

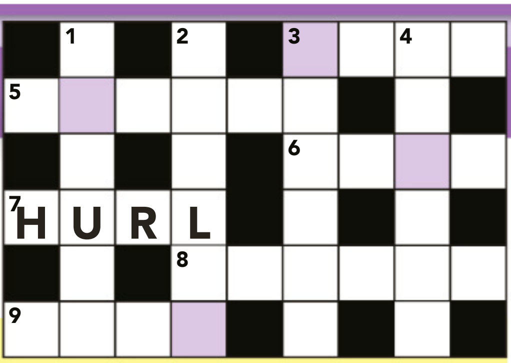
	O			I	E		
	I			I	A		

No. 16

12-Piece Dinner Set

WORTH $299

HOW TO WIN...
There are no clues to this crossword – instead we've given you a choice of three words that could fit into each space of the grid. By crosschecking against intersecting words, work out which of the three words is the correct one. We've filled in one word to get you started. When all the words are in the grid, the coloured squares, reading left to right and top to bottom, will spell a word. Write this word only on the entry coupon for your chance to win.



■	1	■	2	■	3 ▨		4	
5	▨					■		■
■		■		■	6		▨	
7 H	U	R	L	■		■		■
■		■	8					
9			▨	■		■		■

ACROSS
- 3 Hack • Lore • Rage
- 5 Dynamo • Future • Rotate
- 6 Agar • Amen • Edge
- 7 ~~Hurl~~ • Nerd • Pulp
- 8 Everts • Orator • Overly
- 9 Aged • Bard • Hewn

DOWN
- 1 Hunter • Module • Typing
- 2 Fallen • Pulled • Tallow
- 3 Heeler • Leaden • Loaded
- 4 Emerge • Greets • Reacts

No.17

Win! $20,000 MONSTER CROSS

HOW TO WIN... The theme of this Monstercross is Australia's big things, and all the highlighted picture clues refer to this topic. When you've filled in the whole puzzle, the letters in the coloured squares, reading left to right and top to bottom, will spell an answer related to the puzzle theme. Write this answer on the entry coupon.

ACROSS

1 Flower, bloom (7)
5 Make use of waste material (7)
8 Pond growth (5)
9 **Kingston's crustacean in box A (7)**
11 Munching (7)
13 Leaf on Canada's flag (5)
14 Inlet (3)
15 Image, photo (abbr.) (3)
16 Cheerleader's prop (6)
18 Slightest amount (5)
19 Waned, reduced (6)
22 Sluggishness (7)
23 Lit up, caught fire (7)
24 From Scandinavia (6)
26 Open shoe (6)
28 Neater (6)
31 Extra concert performance (6)
33 Down in the dumps (7)
36 **Glenrowan's bushranger in box B (3,5)**
39 — up, promote excessively (4)
41 Toothpaste flavour (4)
43 Back of the neck (4)
45 In favour of (3)
46 Imaginary sea creature (7)
49 Snake's noise (4)
50 Primary colour (6)
54 Bury (5)
55 Singer's concern (5)
60 Looking at a book (7)
61 Pickling liquid (5)
62 Motif (5)
63 Blissful state (7)
64 — Gardner, actress (3)
65 Different ones (6)
66 Shakespearean tragedy (6)
69 Horticulturist's study (6)
72 Make up your mind (6)
74 Press clothes (4)
75 Sets free (9)
76 Comfortable, cosy (4)
78 Military force (4)
80 Vanish (9)
81 Flour factory (4)
83 Loses it, freaks out (6)
85 Rots, spoils (6)
89 Polite request (6)
92 Cheddar or Camembert, eg (6)
95 Bird on Australia's coat of arms (3)
97 Carnivorous fish of the Amazon (7)
98 Hickory tree (5)
99 **Bowen's tropical fruit in box C (5)**
100 Sleepwear (7)
101 Adores, cherishes (5)
102 In the lead (5)
103 Hire, put to work (6)
107 Land measure (4)
108 Eyelash cosmetic (7)
111 To the — degree, utmost (3)
112 Storyline (4)
114 Left side of a boat (4)
115 Soft matted fabric (4)
117 India's capital (3,5)
120 Something to scribble on (7)
123 Italian city (6)
126 Thrifty, careful with money (6)
130 **Tamworth's instrument in box D (6)**
133 Kind of chip (6)
134 Wiping the slate clean (7)
135 Household cleaning chemical (7)
136 Line in a circle (6)
137 Religious songs (5)
138 Hospital routines (6)
139 The whole — and caboodle, all (3)
140 Eggs (3)
141 Grey matter (5)
142 'A' in USA (7)
143 Mimic, copy (7)
144 Compare (5)
145 Nose opening (7)
146 Waterproof shoe (7)

DOWN

1 Vinegar variety (8)
2 Drenched, soaked (9)
3 Citrus-based preserve (9)
4 Aubergine (8)
5 Post-wedding party (9)
6 Gradual increase (9)
7 Intellectuals (8)
10 Most courageous (7)
12 Restless, antsy (7)
16 **Tasmania's bird in box E (7)**
17 Third month (5)
20 Type of wave (5)
21 Held up, made late (7)
25 Sprite, rascal (3)
27 Noah's vessel (3)
29 Climbing plant (3)
30 Frozen water (3)
32 Word of praise (10)
34 Playing card (3)
35 Muffin seed (5)
37 Colouring agent (3)
38 Furniture wood (3)
39 Wolf's call (4)
40 Casual collared shirt (4)
42 — Territory, Darwin's area (8)
44 Green nut (9)
46 Fine wool (6)
47 Gear position (7)
48 Moving cartoon (9)
49 Mouth organ (9)
51 Outside limit (4)
52 Scales' star sign (5)
53 Spin around rapidly (5)
56 Put in high spirits (5)
57 Dishonest person (4)
58 Drum's rhythm (4)
59 — in the dark, guess (4)
67 Pleasantly musical (7)
68 Ambassador's residence (7)
70 Porridge (7)
71 Vienna's country (7)
73 Curtain (5)
77 1995 Pierce Brosnan Bond film (9)
79 Swamp trees (9)
82 Exactly the same (9)
83 Student (5)
84 Card game (7)
86 Strong coffee (8)
87 Occurring unintentionally (10)
88 Mailed (4)
89 Mountain lion (4)
90 Bert's muppet pal (5)
91 Magpie's dive (5)
93 Lofty (4)
94 **Coffs Harbour's crop in box F (6)**
96 Untie (4)
104 Horse's hair (4)
105 Fuzz, fluff (4)
106 Uncouth person (5)
108 Coach, boss (7)
109 Oily fish (3)
110 Club for ex 78 Across members (1,1,1)
112 Bakery item (3)
113 Tiresome, boring (7)
114 **Sunshine Coast's offering in box G (9)**
115 Seasonal bug (3)
116 Meadow (3)
118 Strange, odd (5)
119 Time period (3)
121 Couple (3)
122 **Ballina's shellfish in box H (5)**
124 Spikier, thornier (9)
125 Behind the —, at a disadvantage (5,4)
127 Thinking logically (9)
128 School sports hall (9)
129 Tropical shrub (7)
131 Hold back, repress (8)
132 *Cast Away* star (3,5)
133 Budgerigar (8)

WINNING ANSWER

☐☐☐☐☐☐☐ ☐☐☐☐

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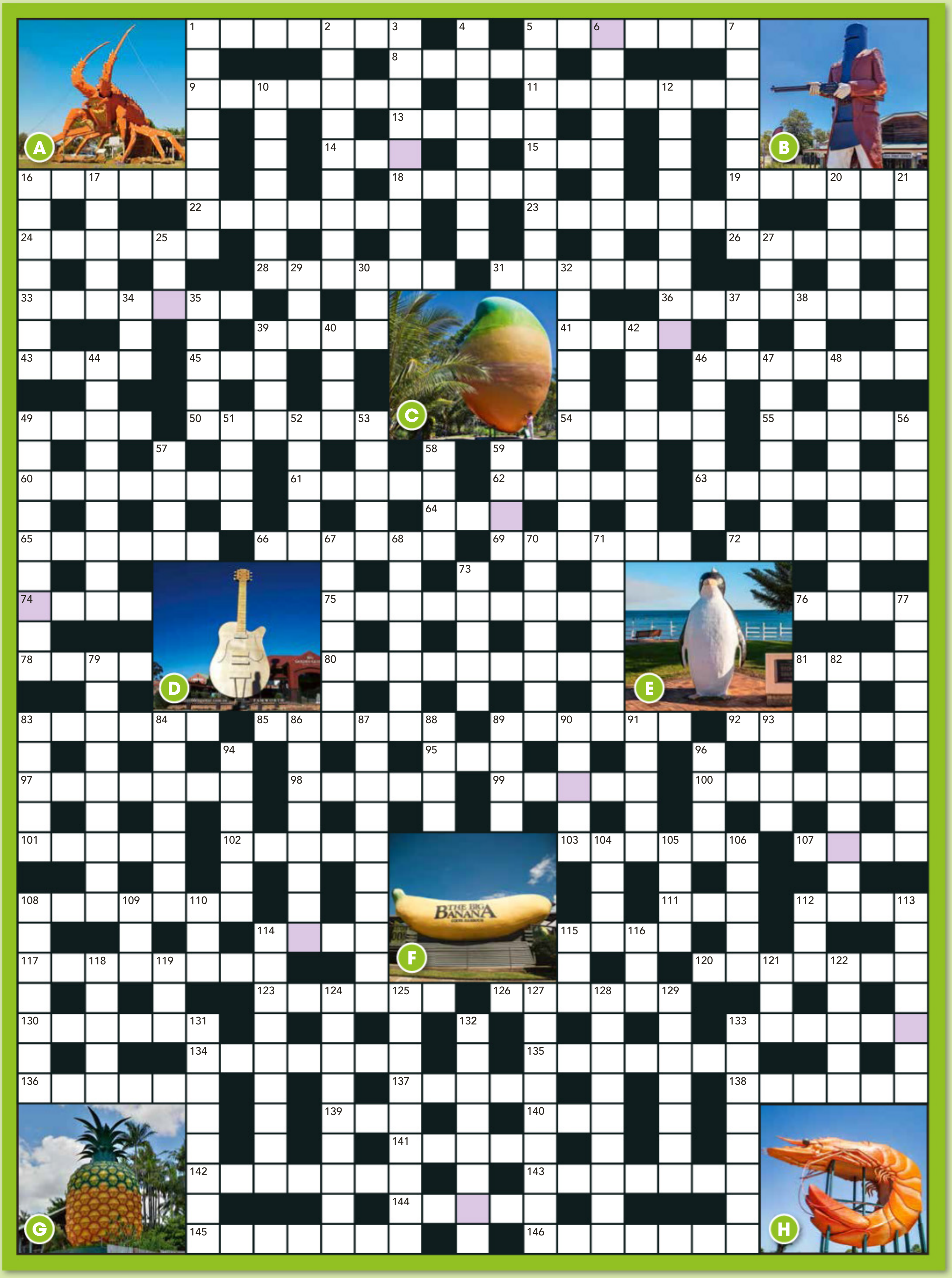
Enter **FREE** online and by mail - see page 51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No. 18

Arrow Word

WIN! $70 CASH

HOW TO WIN... Write your answers in the direction of the arrows. When the puzzle is complete, the letters in the coloured squares, reading left to right and top to bottom, will spell a word. When you've worked out what it is, write this word only on the entry coupon for a chance to win.

Bank machine (1,1,1)	▼	Holiday accommodation	Eisenhower's nickname	▼	Stinky	First's opposite	▼	Not many
Sewing finger guard	▶	▼	▼	▨		▼		Toilet (colloq)
▶					Shoemaker's tool	▶		▼
Chimney emission	Squeals, reveals	▶ T	E	L	L	S	Crack the ---, push harder	
Ditch	Flat, apartment		In --- of, instead		Number in a pair	▶	▼	
▶	▨ ▼		▼		Spicy condiment	Garden water source		Tidy, ordered
Existence		Just, impartial		Jaw	▶ ▼	▼		▼
▶		▼		Desire, wish	▶			
Zodiac bull	▶					▨	Bird home	
Lingo	Greenish blue		Small metric weight	Camp shelter	▶		▼	
▶	▼		▼			Summit		Russian ruler
Gum trees		Auckland or Perth, eg		Compass point	▶	▼		▼
▶		▼						
Target	▶	▨		Smile broadly	Capital of Norway		Engrave	
Pieces of poetry	Good-looking		Dog breed	▶ ▼	▼		▼	
▶	▼					Reykjavik's country		Listening organ
Pen fluid		--- Holmes, actress	--- *in Wonderland*, film	▶		▼	▨	▼
▶		▼	Coffee order	▶				
Father	▶		▼	Valleys	English school		Village People hit	
Noble	▶		▨		▼ E		▼	Moray or conger, eg
Petroleum	▶			Domesticated	▶ T			▼
▶				One time	▶ O			
Captain Hook's mate		Summer shoe	▶		N			▨

No. 19

Seven Pairs

WIN! $70 CASH

HOW TO WIN...
In the middle pair of squares, write two letters that will complete two six-letter words, reading across. We've put in one pair to show you how it's done. When complete, the seven sets of entered letters will spell a movie title (3,5,6), reading from left to right and top to bottom. Write this movie's title only on the entry coupon and you could be a winner.

AU		OR
PY		ON
LI	E G	ES
SI		ES
FO		ST
CE		AL
HI		US
NE		ER
MU		LI
QU		TS
VA		TE
DE		DE
IM		DE
EX		CT

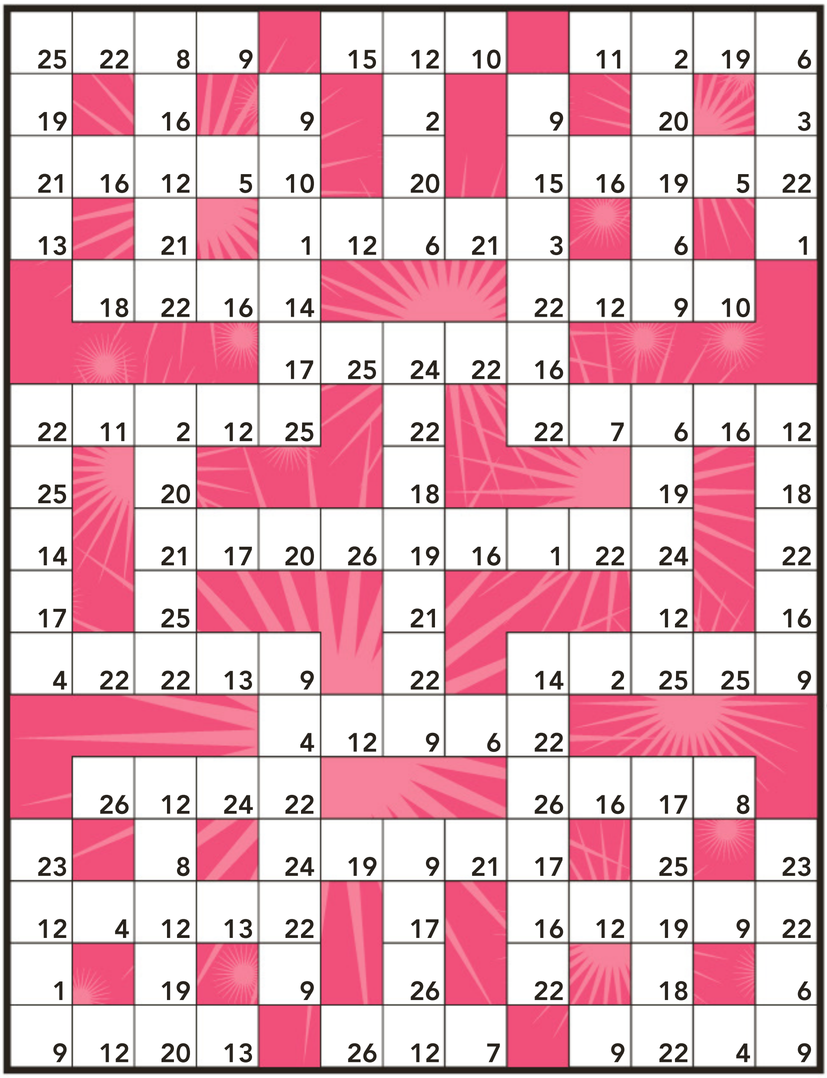
No. 20

Samsung Galaxy Mobile Phone

Get your brain into gear and have fun cracking the code!

SIMON

WORTH
$329



25	22	8	9	■	15	12	10	■	11	2	19	6
19	■	16	■	9	■	2	■	9	■	20	■	3
21	16	12	5	10	■	20	■	15	16	19	5	22
13	■	21	■	1	12	6	21	3	■	6	■	1
■	18	22	16	14	■	■	■	22	12	9	10	■
■	■	■	■	17	25	24	22	16	■	■	■	■
22	11	2	12	25	■	22	■	22	7	6	16	12
25	■	20	■	■	■	18	■	■	■	19	■	18
14	■	21	17	20	26	19	16	1	22	24	■	22
17	■	25	■	■	■	21	■	■	■	12	■	16
4	22	22	13	9	■	22	■	14	2	25	25	9
■	■	■	■	4	12	9	6	22	■	■	■	■
■	26	12	24	22	■	■	■	26	16	17	8	■
23	■	8	■	24	19	9	21	17	■	25	■	23
12	4	12	13	22	■	17	■	16	12	19	9	22
1	■	19	■	9	■	26	■	22	■	18	■	6
9	12	20	13	■	26	12	7	■	9	22	4	9

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

Letter Checker

1	2	3	4	5	6	7	8	9	10	11	12	13
					T							
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
										D	L	

HOW TO WIN...

Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to help you on your way to cracking the code, so you'll see that D=24, L=25, and T=6. Write these letters wherever the corresponding numbers appear in the grid and you should then be able to start working out what the other missing letters are. Use the Letter Checker box to keep track of the letters you've decoded. You'll notice that all 26 letters of the alphabet are used and you can strike through each one as you decode it. When you have filled in the Letter Checker, *eight consecutive letters* will spell a word. Write this word only on the entry coupon for your chance to win.

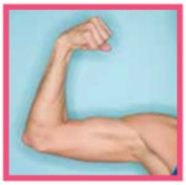
No. 21

3-Piece Ladies Fragrance Gift Pack

WORTH
$165

HOW TO WIN...

Put the four pictures together to form the name of an animal (9). Write this animal only on the entry coupon and you could win our prize.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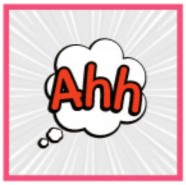

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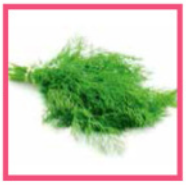
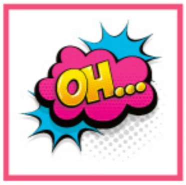

+


CASH heaven!

CASH to be won for each puzzle

No. 23

Crossword

WIN! $60 CASH

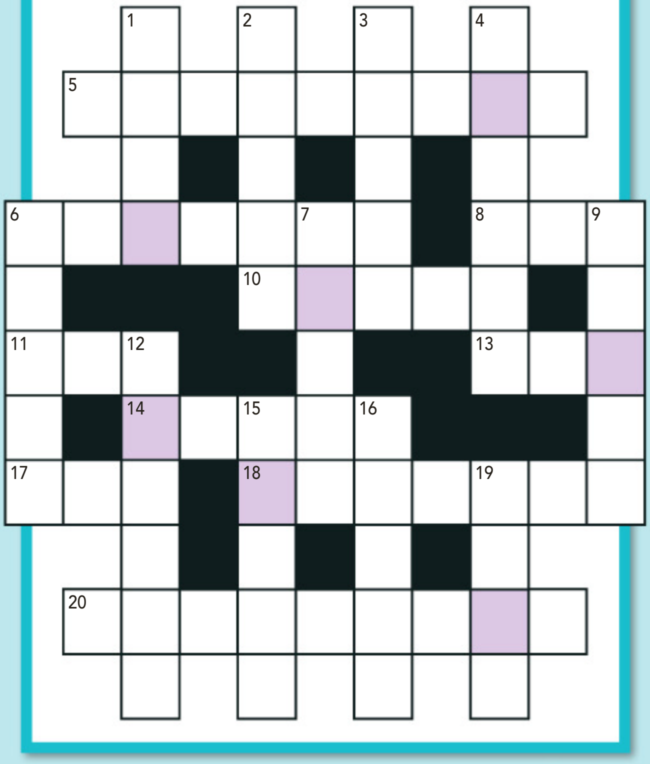
HOW TO WIN... When the puzzle is complete, the letters in the coloured squares, reading left to right and top to bottom, will spell a word. Write this word on the entry coupon for your chance to win.

ACROSS

5 Impose, dictate (9)
6 Most heroic (7)
8 College (abbr.) (3)
10 Doze (5)
11 Dandy (3)
13 Sesame plant (3)
14 Leers at (5)
17 — Brynner, *The King & I* actor (3)
18 Sooner —, eventually (2,5)
20 Endless (9)

DOWN

1 Opera solo (4)
2 Embers or soot (5)
3 Put pen to paper (5)
4 Sudden, curt (6)
6 — *the Vampire Slayer*, TV series (5)
7 More cunning (5)
9 Loafer (5)
12 Warsaw's country (6)
15 Earring areas (5)
16 Sloppy mud (5)
19 Nurse (4)

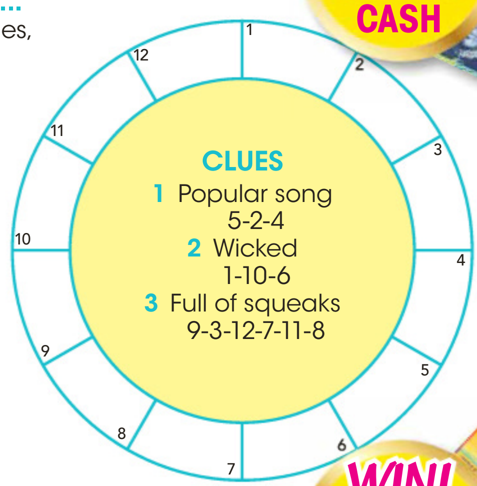


No. 22

Word Wheel

WIN! $80 CASH

HOW TO WIN...
Answer the clues, writing each letter in the numbered section of the ring. When complete, the letters will spell a treat (8,4) reading clockwise from number 1. Write this treat on the entry coupon.



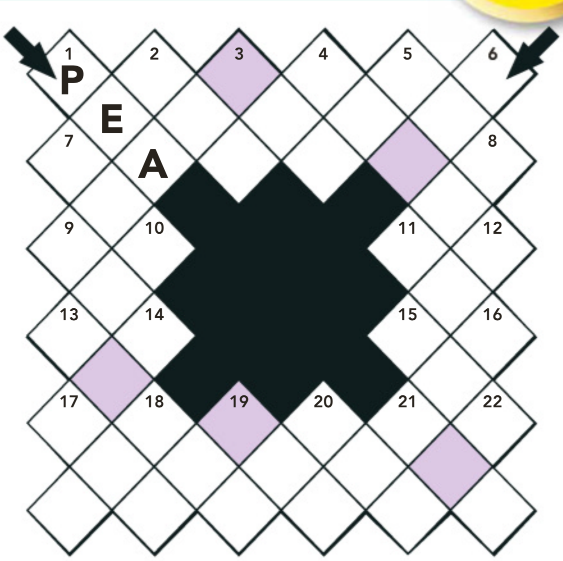
CLUES

1 Popular song
5-2-4
2 Wicked
1-10-6
3 Full of squeaks
9-3-12-7-11-8

No. 24

Mini Corner

WIN! $100 CASH



HOW TO WIN... The answers to this puzzle read diagonally to the right or left – just follow the arrows. When the grid is complete, the letters in the coloured squares, reading left to right and top to bottom, will spell a word. Write this word only on the entry coupon.

CLUES THIS WAY ↘

1 Podded legume (3)
2 Cunning (3)
3 Stomach area (3)
4 Scottish child (5)
5 Flow back (3)
7 Age, epoch (3)
9 Night before (3)
11 Yours and mine (3)
13 Provide, give (5)
15 Fishing mesh (3)
17 Metallic element (3)
19 Poetic contraction (3)
20 Swiss mountain (3)
21 Sixth sense (1,1,1)

CLUES THIS WAY ↙

2 Perceive (3)
3 Stare at intently (5)
4 Purchase (3)
5 Eat (3)
6 Kimono sash (3)
8 Male sibling (coll.) (3)
10 Avocado (abbr.) (3)
12 Wimple wearer (3)
14 Juvenile newt (3)
16 Film spools (5)
18 In good health (3)
19 Decimal number (3)
20 Ventilate (3)
22 Cooking measure (3)

No. 25

Word Tracer

WIN! $50 CASH

1 C	O	L	O	D	D	L
A	E	L	3 T	A	R	E
G	N	E	S	D	I	S
U	R	E	R	R	O	H
E	A	N	O	R	A	I
U	O	D	T	N	I	L
6 S	G	L	A	G	A	T
Q	G	E	V	R	E	H
U	I	L	E	I	N	G

HOW TO WIN... The answer to each clue below appears in the grid. The first answer begins with the letter next to the number 1, following to an adjacent square horizontally or vertically (but not diagonally). Each answer begins with the last letter of the previous answer. We've numbered a few squares in the grid to help you. Once complete, the leftover letters, beginning with the final letter of answer EIGHT, will spell a word. Write this word on the entry coupon and you could be a winner.

CLUES

1 Work associate (9)
2 *The Importance of Being —*, Oscar Wilde play (7)
3 Young child (7)
4 Red and white salad vegie (6)
5 Terrible, awful (10)
6 Scrawled line, doodle (8)
7 Lift (8)
8 Staircase bannister (7)

No. 26

Logic Puzzle

WIN! $40 CASH

HOW TO WIN... Five young children threw their mum a birthday party. Use the clues to work out what party game each child recommended, and what decoration they organised. Read the clues and use the grid to record any information. Place a tick in a box for any definite positive info and a cross for any definite negative info. For example, you learn that Deidre sprinkled confetti on the table, so some logical ticks and crosses have been placed in the grid. Using this method, fill in the smaller grid. Work out what game Ann recommended (which is the lilac space in the lower grid) and write this answer on the entry coupon.

CLUES

1 Deidre sprinkled confetti on the table to spruce it up, but didn't set up the sack race
2 Ernest gathered eggs to toss for his favourite party game
3 Benny didn't organise the party hats on the table or the stools for musical chairs
4 The person who set the treasure hunt up didn't put any decorations on the table
5 The child who hung up the piñata also hung up the birthday banner
6 Clive, the youngest, was given the duty to stick candles in the birthday cake
7 The lolly bags were set up on the table by the same person who set up the sack race
8 Ann didn't organise the party hats or handle the lolly bags

		Party game					Decoration				
		Egg toss	Musical chairs	Piñata	Sack race	Treasure hunt	Banner	Candles	Confetti	Lolly bags	Party hats
Child	Ann								×		
	Benny								×		
	Clive								×		
	Deidre						×	×	✔	×	×
	Ernest								×		
Decoration	Banner										
	Candles										
	Confetti										
	Lolly bags										
	Party hats										

Child	Party game	Decoration
Ann		
Benny		
Clive		
Deidre		
Ernest		

No. 27

Match Ups

WIN! $75 CASH

HOW TO WIN... Mixed up in the circles are four words containing the letters 'AR', each eight letters long and made of the same coloured circles. For a chance to win, write the one that would appear LAST in an alphabetical list on the entry coupon.

______
______
______
______

PR SI KL LY
UL SP SC EP AR ER
CE AR NG AR AR ED

No. 28

Sudoku

WIN! $90 CASH

HOW TO WIN... In a sudoku each 3 x 3 box, as well as each row and each column, must contain all the numbers 1 to 9. For a chance to win, work out the number in the coloured square and write that number on the entry coupon.

		5	8			1	9	
6		9	1			7		
			7	6				3
9	2	1	6					8
	6						3	
7				▨	4	6	1	9
8				1	6			
		7			8	9		1
	4	6			5	3		

No. 29

Deluxe BBQ Tools

WORTH $169 24 TO BE WON

HOW TO WIN... Each of the words on the left-hand side of the grid contains a hidden four-letter word. You do not need to rearrange any letters. Locate the hidden words and write them in the spaces provided on the right. The letters in the coloured squares will spell a word. When you have worked out what it is, write this word only on the entry coupon for your chance to win.

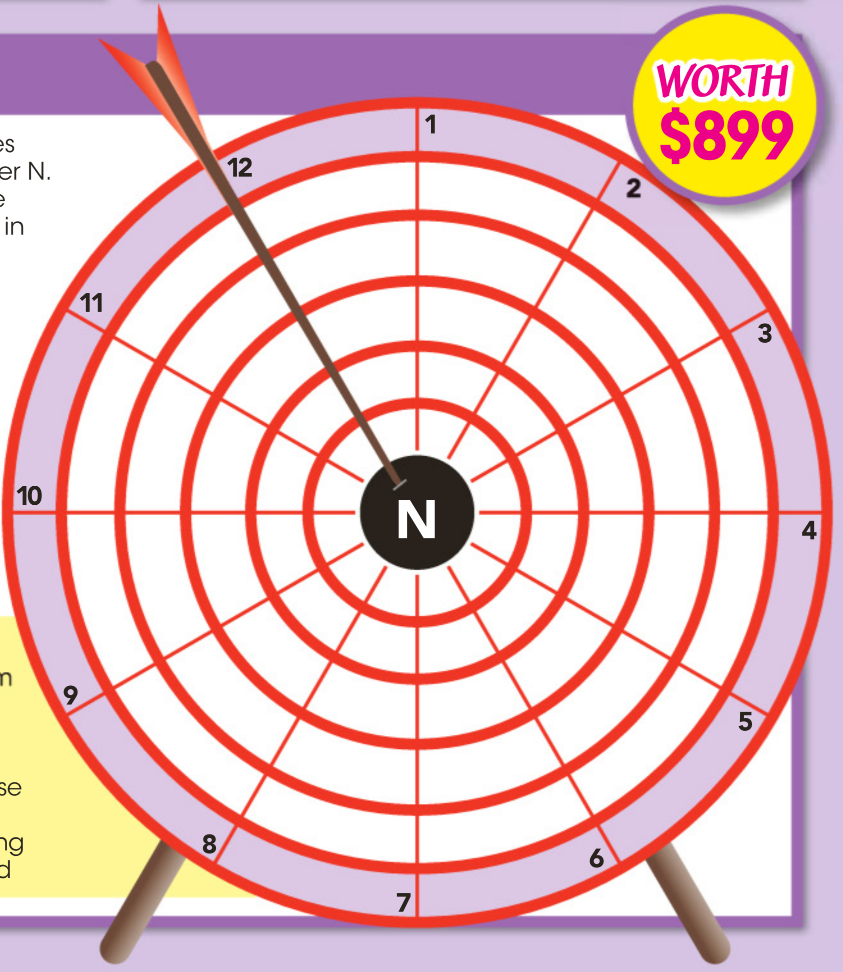
	Hidden word			
Cleanse	▨			
Tremendous		▨		
Rethink			▨	
Impassive				▨
Cloudy			▨	
Unstrapped		▨		
Peachier	▨			

No. 30

KitchenAid Stand Mixer

WORTH $899

HOW TO WIN... The answers to the listed clues are all seven letters long and end with the letter N. Write them into the appropriate wedges of the circle. When the puzzle is complete, the letters in the coloured outer circle will spell a song (4,2,3,1,1,1). For your chance to win, write this song's title only on the entry coupon.



CLUES

1 Road surface
2 Eight-sided shape
3 Nostalgic post-graduation gathering
4 Infant
5 Language spoken in Milan
6 Uncharged particle
7 Tropical storm
8 Texan city
9 Illustrate with words, clarify
10 Mythical horse with a horn
11 Make less long
12 Leave behind

Dan's CHOICE

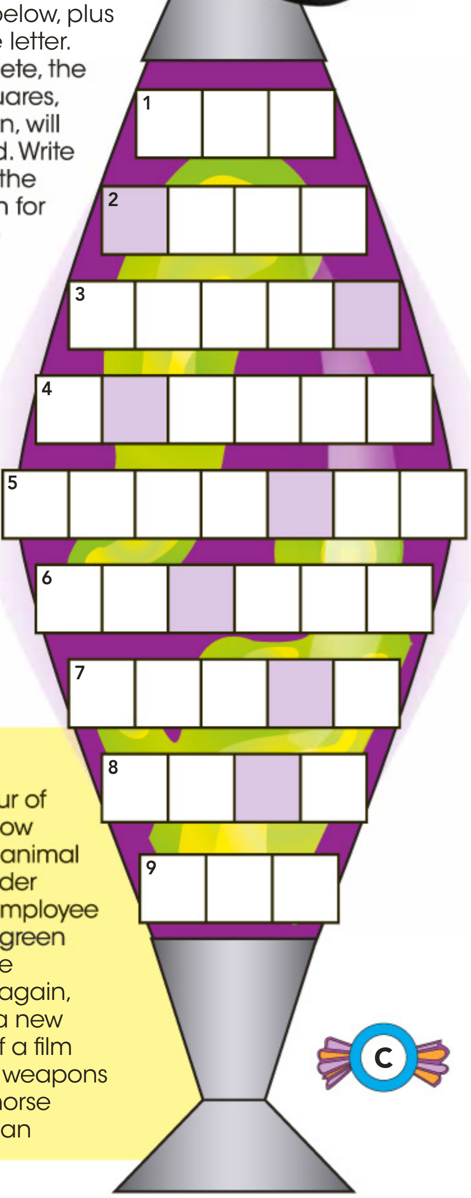
Try your hand at my pick of this week's tricky brain work-outs!

No. 32

Bluetooth Earbuds

WORTH $229

HOW TO WIN...
Solve the clues and write the answers in the numbered rows. All the solutions are anagrams of the word immediately above and below, plus or minus one letter. When complete, the coloured squares, reading down, will reveal a word. Write this word on the entry coupon for your chance to win.



CLUES
1 First colour of the rainbow
2 Antlered animal
3 Tribal leader
4 Casino employee
5 Precious green gemstone
6 Created again, such as a new version of a film
7 Carrying weapons
8 Female horse
9 Aural organ

No. 31

Connecting Name

WIN! $50 CASH

HOW TO WIN...
Think of the first name that connect the three surnames in each set below and write the first letter of that name in the box to the right of each grouping. The letters, reading downwards, will spell our winning word. For a chance to win a prize, write this word only on the entry coupon.

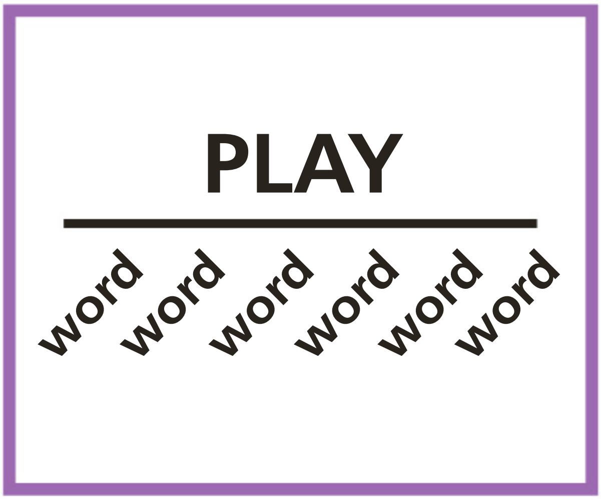
1 Astin, Connery, Penn ☐
2 Gaze, Garfield, Lloyd Webber ☐
3 Simpson, McCune, Curry ☐
4 Martin, Carell, Irwin ☐
5 Kendrick, Nicole Smith, Karenina ☐

No. 33

Secret Saying

WIN! $50 CASH

HOW TO WIN...
Work out what saying (4,2,5) is being represented by the image in the box. Write this saying only on the entry coupon for your chance to win.



No. 34

Pole Position

WIN! $70 CASH

HOW TO WIN... The answer to each of the eight clues is a five-letter word. Add one letter to the four-letter word on the left to create a new word reflecting the clue. Write just the letter added in the shaded box. When you have done this, a word will appear reading from top to bottom. Write this word only on the entry coupon and you could be a winner.

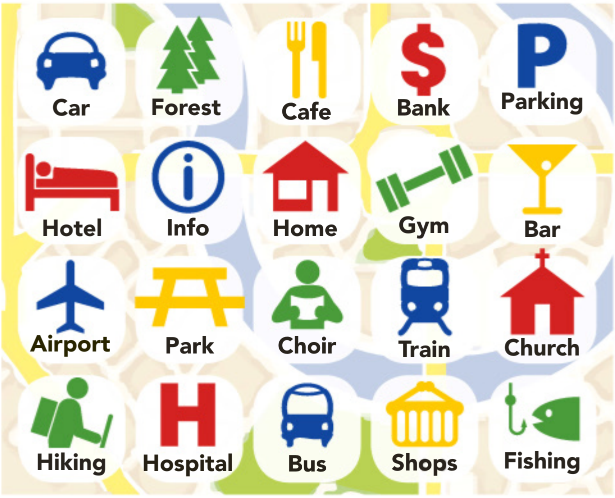
ABLE	☐	Moral tale
MOST	☐	Damp
GRID	☐	Pulverise
HUNT	☐	Spook
GAVE	☐	Mallet
PANT	☐	Pigment
LOOP	☐	Small vessel
GUST	☐	Visitor

No. 35

Coordinates Map

WIN! $50 CASH

HOW TO WIN... Use the clues listed to determine the winning location. When you know which the winning location is, write its name only on the entry coupon and you could win a prize.



CLUES: The winning location is:

1 Not a yellow icon
2 Directly below a red icon
3 A green icon
4 An icon with less than four letters in its name

No. 36

Samsung Galaxy Tablet Wi-Fi 64GB

WORTH $379

HOW TO WIN... Rearrange the letters in each line of the first grid to form a new word and write it in the second grid. When you are done, a word will appear in the coloured column, reading top to bottom. Write this word only on the entry coupon and you could be a winner.

1	R	N	W	A	E	S
2	Z	N	F	R	Y	E
3	D	I	N	E	M	C
4	T	H	I	C	W	S
5	A	A	R	N	K	O
6	R	A	B	B	R	E

1			▨			
2			▨			
3			▨			
4			▨			
5			▨			
6			▨			

BONUS! BONUS! BONUS!

No. 37

Diabolical Fill-In

WIN! $50 CASH

HOW TO WIN... Slot the words into the grid. The coloured squares contain EITHER one or two letters, while the white squares contain ONLY one letter. We've given you one word to get you started. When complete, there will be one word left over. Write this word on the entry coupon.

WORD LIST:

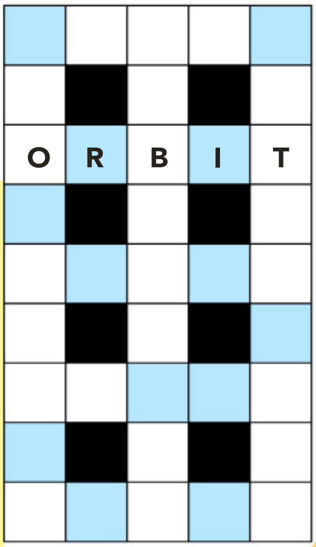
5 LETTERS
Brute
~~Orbit~~
Salsa

6 LETTERS
Bureau
Resort

9 LETTERS
Umbrellas

10 LETTERS
Enthusiast
Equestrian

11 LETTERS
Blockbuster



No. 38

Letter Equations

WIN! $60 CASH

HOW TO WIN... The letters A-F each have an individual 1-6 value! We have given you one number to get you going. Using the equation clues in the centre, your task is to deduce the value of the remaining letters. For a chance to win, write down the letter represented by the number 6 on the entry coupon.

A	F x B	
B	F^2 – D	
C	B + F	
D	E – B	
E	C - D	
F	D + D	2

No. 39

In the Middle

WIN! $50 CASH

HOW TO WIN... In each line of this puzzle, you need to find a word that can come after the word on the left, and before the word on the right. We have filled in one line to show you how it's done. When you have completed the puzzle, the first letter of each of the centre words will spell a hidden word. Write this word only on the entry coupon for your chance to win.

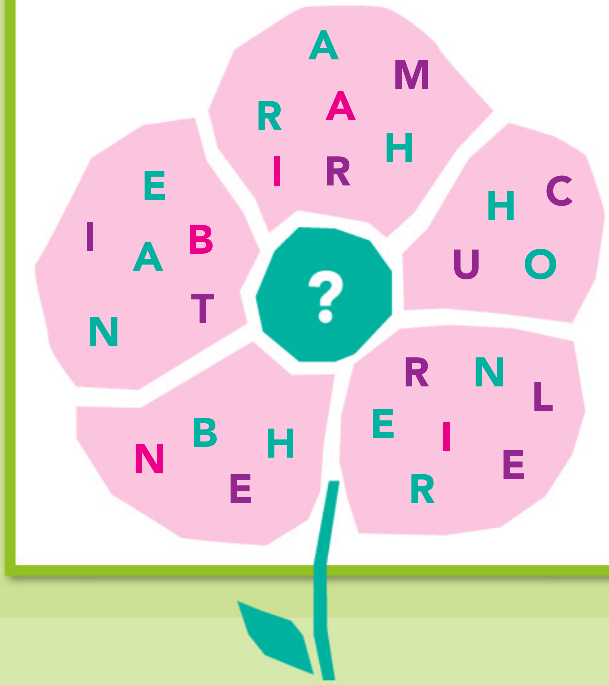
Karate	☐ ______	Suey
Barmy	☐ ______	Reserve
Maiden	☐ ______	Tag
Body	Double	Take
Chocolate	☐ ______	Beater
Sea	☐ ______	Tamer
Modern	☐ ______	Gallery
Crystal	☐ ______	Boy
Rug	☐ ______	Pack
Sulphuric	☐ ______	Test

No. 40

Hit the Spot

WIN! $50 CASH

HOW TO WIN... Each group of letters in the five segments of the flower below, when combined with the shared unknown centre letter, will spell the names of five items of furniture. For your chance to win, write the centre letter only on the entry coupon.



Last-minute jackpot!

Try your luck – you could win cash!

No. 41

Cross Maths

WIN! $75 CASH

HOW TO WIN... Place the numbers six to nine into the grid so that the two rows across and two columns down form the correct equation. Numbers can be used only once. All calculations are positive whole numbers and should be performed in order from left to right and top to bottom. Work out which number goes in the lilac square and write this number on the entry coupon for your chance to win.

	+	▨	=16
–		x	
	x		=48
=3		=56	

No. 43

Word Pairs

WIN! $80 CASH

HOW TO WIN... Pair up names in the list to make the names of famous actresses. There are 17 names in the list so there will be one left over. Write this leftover name only on the entry coupon for your chance to win.

WORD PAIRS

Julia
Pfeiffer
Betty
Margot
Hepburn
Monroe
Audrey
Sigourney
Michelle
White
Julianne
Roberts
Moore
Weaver
Marilyn
Robbie
Stone

No. 42

Word Hunt Mix Up

WIN! $50 CASH

HOW TO WIN... Cross out all the letters in the frame below that appear more than once! When you have done that, the leftover letters, when rearranged, will spell an eight-letter word. Write this word only on the entry coupon for your chance to win.

S B F H M J Y G
N M V R T X U
H X Q D P
C W I K Y Q T
X P Z N G E P X
J
Y G D T X P R Z
U K
D Q L X V W
Q M E J
Z W A O K V Z

No. 44

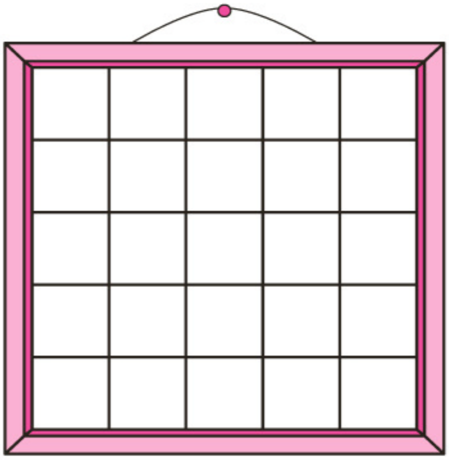
5x5

WIN! $40 CASH

HOW TO WIN... Five of the six words listed can be inserted into the grid so that the same five words can read both horizontally and vertically. One word, however, will not fit. When you've worked out what it is, write this word only on the entry coupon for your chance to win.

WORD LIST

Extra
Jests
Sawed
Straw
Trade
Waste



No. 45
Misphrased

WIN! $70 CASH

HOW TO WIN... Find the missing words for each of the following sayings and write that word in the space provided. When you have worked out all of the missing words, the first letter of each answer, reading down, will spell a word. Write this word only on the entry coupon for your chance to win.

If it ____________ broke, don't fix it

Delusions of ____________

It never ____________ but it pours

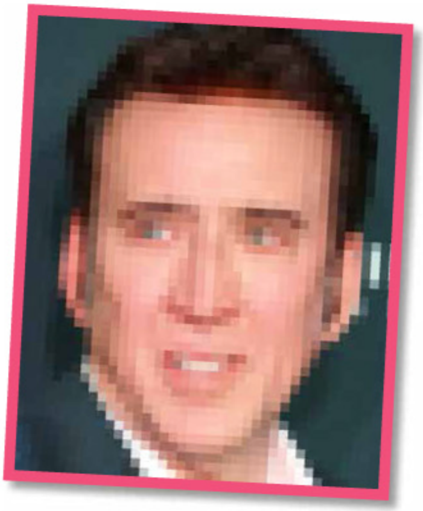
Fair ____________ is no robbery

Make someone's hair stand on ________

No. 46
Who Am I?

WIN! $50 CASH

HOW TO WIN...
Rearrange the given letters to spell the name of our pictured star (7,4). Write this name only on the entry coupon for your chance to win.

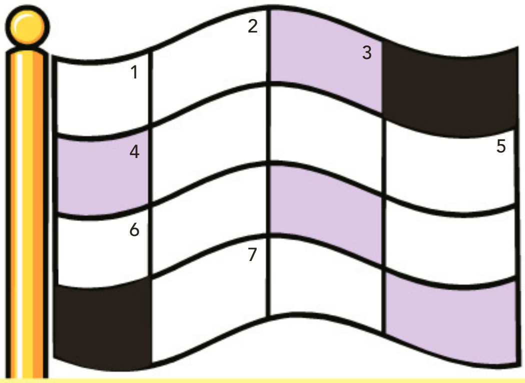


"LACONIC SAGE"

No. 47
Tiny Cross

WIN! $50 CASH

HOW TO WIN... Solve the clues as normal. When the puzzle is complete, the coloured squares, reading from left to right and top to bottom, will reveal a word. For a chance to win, write this word only on the entry coupon.



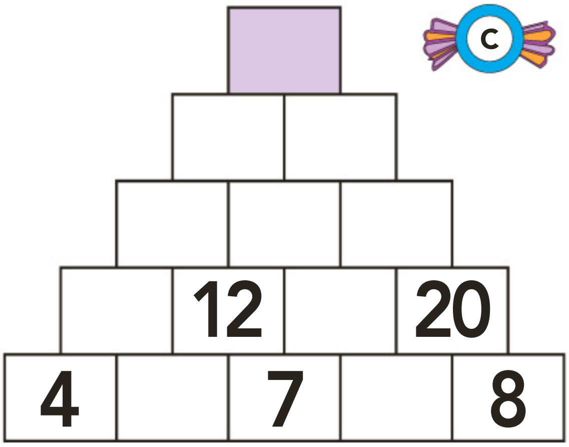
ACROSS
1 — *and Peace*, Tolstoy novel (3)
4 Aussie flightless birds (4)
6 Oaf, idiot (4)
7 Lock opener (3)

DOWN
1 Marry (3)
2 Run —, cause chaos (4)
3 Regulation (4)
5 Pig's home (3)

No. 48
Number Pyramid

WIN! $60 CASH

HOW TO WIN...
Each block in the pyramid contains the sum of the two blocks upon which it sits. Fill in the blank blocks to reach the top of the pyramid. Write the number in the top box on the entry coupon for your chance to win.



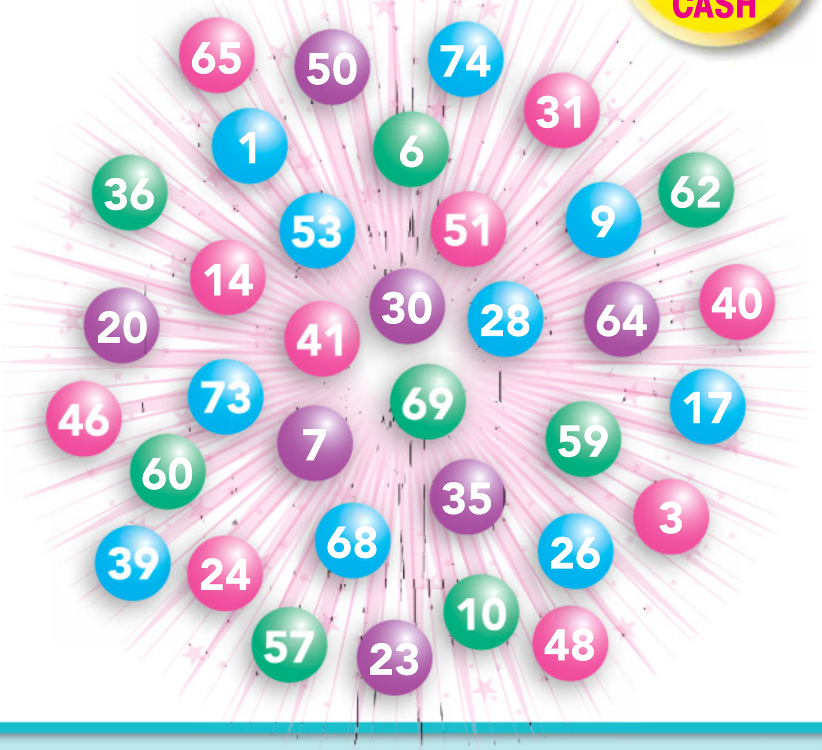
No. 49

Word Bingo

WIN! $50 CASH

HOW TO WIN...
On the bingo card below, cross off all the numbers that appear on the bingo balls. When you have finished, the letters next to the numbers on the card that haven't been crossed off, reading left to right, top to bottom, will spell a word. Write this word only on the entry coupon and you could be a winner.

B	I	N	G	O
E 6	L 17	D 33	M 48	Y 62
A 12	P 28	S 41	X 57	R 74
B 1	G 24	Z 42	Z 56	Q 69
O 7	U 20	W 35	C 53	L 72
N 10	E 21	V 39	I 50	F 65



No. 50

Wordsearch

WIN! $50 CASH

HOW TO WIN... Look for all the science-related words in the list below in the wordsearch grid, reading in straight lines, horizontally, vertically and diagonally in either direction. Some letters are used more than once. One entry cannot be found in the grid, can you work out which one? When you have worked out which it is, write that entry only on the entry coupon for your chance to win.

WORD LIST

- Astronomy
- Atom
- Beaker
- Bunsen burner
- Chemistry
- Control
- Energy
- Experiment
- Flask
- Hypothesis
- Laboratory
- Mass
- Mineral
- Molecule
- Physics
- Research
- Telescope
- Test tube
- Theory
- Variable

S	W	T	S	U	E	Z	O	Z	L	S	D	M	C	O	N	T	R	O	L
Z	A	O	D	F	I	N	S	C	L	H	S	R	I	G	A	H	F	M	D
S	S	S	Y	C	P	R	E	Y	K	C	I	Y	O	N	Q	T	X	X	W
S	R	C	T	R	E	I	Z	R	E	J	S	R	Z	T	E	A	O	R	Y
R	E	A	F	R	B	R	M	O	G	O	E	O	F	D	R	R	R	M	E
T	S	E	N	W	O	E	X	E	A	Y	H	T	J	W	P	E	A	W	X
R	E	I	K	P	Q	N	H	H	W	R	T	A	Q	A	K	I	K	L	P
O	A	T	G	U	Q	R	O	T	H	T	O	R	M	A	D	P	U	E	E
R	R	E	A	P	L	U	Z	M	N	S	P	O	E	L	A	J	B	L	R
A	C	L	E	G	Z	B	I	S	Y	I	Y	B	M	P	O	U	E	B	I
S	H	E	O	N	B	N	X	Z	O	M	H	A	B	G	T	C	N	A	M
S	B	S	R	A	D	E	G	X	B	E	Y	L	O	T	N	M	N	I	E
A	K	C	P	H	Y	S	I	C	S	H	G	E	S	D	R	M	U	R	N
M	I	O	V	A	M	N	E	C	J	C	J	E	S	F	V	W	B	A	T
M	S	P	Z	H	K	U	Y	G	X	Z	T	K	S	A	L	F	T	V	B
J	P	E	J	H	R	B	Y	C	R	K	V	F	Y	A	X	V	H	X	B

No. 51

Double Trouble

HOW TO WIN... There are no clues to this crossword. All you have to do is fit the words below into the two grids. Hint: There is only one 11-letter word, and only one place it will fit. When you have filled in the two grids, there will be one word left over. Write this word only on the coupon for your chance to win.

3 LETTER WORDS
Aft
Coo
Dry
Fee
For
Icy
Raw
Roe
Sow
Vex
Yes
Yew

4 LETTER WORDS
Abet
Bolt
Brig
Gran
Grew
Hods
Idly
Keys
Rune
Seal
Surf
Wiry
Yank

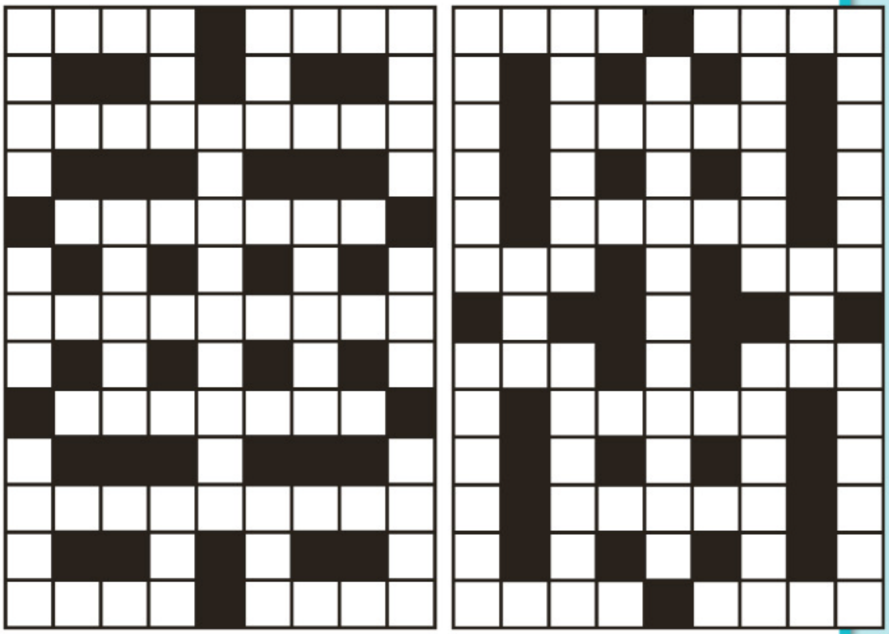
5 LETTER WORDS
Extra
Storm
Swill
Tulle
Vixen
Wicks

6 LETTER WORDS
Banged
Bonsai
Famish
Levity
Reused
Theory
Weaken
Yammer

7 LETTER WORDS
Swinish
Usually

9 LETTER WORDS
Accessory
Facsimile
Refreshed
Syndicate

11 LETTER WORD
Explanation



Solutions ISSUE 07, 2023

No 1	Triangle
No 2	P 73 (NZ - P 65)
No 3	Mentor
No 4	Wedge
No 5	Quiver
No 6	Drift
No 7	Clash
No 8	Mutton
No 9	X
No 10	Studs
No 11	Debug
No 12	Slams
No 13	Volunteer
No 14	Wednesday
No 15	D
No 16	Marjoram
No 17	Potassium
No 18	Wobble
No 19	Seen
No 20	Improve
No 21	Michael Caine
No 22	Stallion
No 23	Dressage
No 24	Foal
No 25	Stables
No 26	Jockey
No 27	Horseshoes
No 28	2
No 29	Jodie
No 30	Mathematics
No 31	Brisk
No 32	Gerbil
No 33	Crane
No 34	Giant
No 35	Forest
No 36	Improvise
No 37	Georgia
No 38	Right
No 39	Vine
No 40	Flinch
No 41	Epee
No 42	Version
No 43	Sigourney Weaver
No 44	89
No 45	Justice League
No 46	Christian Bale
No 47	Crevice
No 48	Maelstrom
No 49	Squish
No 50	Hinge
No 51	Saxophone
No 52	Laura
No 53	Mayor
No 54	A
No 55	T
Pet in a Puzzle	1

MONSTERCROSS SOLUTION

ACROSS: 1 Using, 4 Sesame, 8 Lizard, 11 Beard, 14 Ample, 15 Harbour, 16 Raft, 18 Ebbs, 20 Nonstop, 21 Realm, 22 Bongo, 23 Nurse, 24 Nutty, 26 Smoothie, 28 Flattered, 32 Bayonet, 33 Etc, 34 Eager, 35 Music, 36 Aura, 38 Cache, 42 Runt, 44 Yoga, 45 UFO, 46 Mocha, 47 Anna, 48 Send, 49 Arena, 50 Ark, 51 Trod, 53 Upon, 55 Impatient, 58 Beam, 65 Bib, 66 Illegal, 67 Grasshopper, 69 Fussy, 70 Delhi, 71 Tiara, 72 Split, 73 Fundamental, 74 Admiral, 75 Urn, 77 Envy, 79 Exhausted, 84 Deli, 85 None, 86 Gas, 87 Unite, 88 Acre, 90 Ugly, 91 Atone, 92 Tom, 93 Ramp, 95 Leaf, 96 Yield, 97 Zinc, 103 Climb, 105 Choir, 106 Tic, 108 Pyjamas, 110 Samaritan, 112 Handsome, 114 Union, 115 Splat, 116 Ernie, 118 Seize, 120 Stumble, 121 Need, 124 Star, 125 Amongst, 126 Aroma, 127 Theme, 128 Misery, 129 Gnomes, 130 Dirty.

DOWN: 1 Usher, 2 Inroad, 3 Groomsmen, 4 Shrub, 5 Scrunchie, 6 Eat, 7 Ape, 8 Lee, 9 Austria, 10 Dance, 11 Bananarama, 12 Attitudes, 13 Dopey, 17 Florence, 19 Banoffee, 25 Library, 27 Oath, 29 Term, 30 Ricotta, 31 Hydrogen, 37 Tsunami, 38 Close-up, 39 Compact, 40 Enclave, 41 Blanket, 43 Unnerve, 48 Squib, 52 Demerit, 54 Orbison, 56 Multiplex, 57 Negotiate, 59 Lily pad, 60 Bludger, 61 Agility, 62 Mahatma, 63 Astaire, 64 Console, 68 Pollute, 69 Fifteen, 76 Naive, 78 Vanilla, 79 Engrave, 80 History, 81 Ukulele, 82 Tainted, 83 Dreamed, 89 Charisma, 90 Unlucky, 94 Picasso, 98 Abominable, 99 Scar, 100 Brunette, 101 Itchiest, 102 Opts, 104 Institute, 107 Conundrum, 109 James Bond, 111 Talents, 113 Finger, 114 Upset, 115 Steam, 117 Exams, 119 Entry, 122 Day, 123 Dog, 124 Sag.

All **WINNERS** will be published at *prizestolove.com.au/winners*

FOR PRIZE ENQUIRIES, PLEASE PHONE 1800 753 020 (AUST ONLY)
OR EMAIL AREMEDIA@GREENEAGLE.COM.AU

PRIZES ARE SENT AUTOMATICALLY SIX TO EIGHT WEEKS AFTER THE WINNERS' NAMES ARE PUBLISHED.

KIDUZZLES!

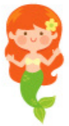
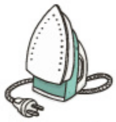
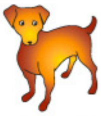
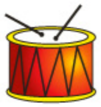
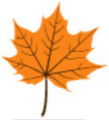
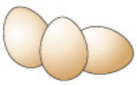
JUST FOR KIDS!

No. 52

Alphapic

WORTH $30

HOW TO WIN...
Write down the first letter of the names of each object pictured to reveal a word. For a chance to win, write this word only on the entry coupon.

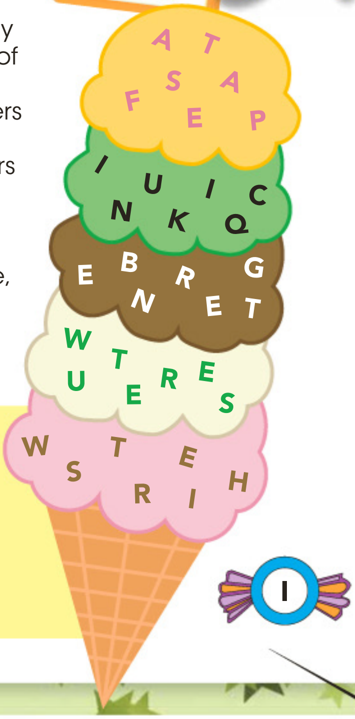







No. 53

Eye Scream

WORTH $30

HOW TO WIN...
Each scoop of the puzzle ice-cream contains the scrambled five-letter answer to the appropriate clue. Simply cross out all the letters of each answer and you will be left with two letters in each scoop. Unscramble these letters in order from top to bottom to spell our winning word. For a chance to win the prize, write this word only on the entry coupon.


A T S A F E P
I U I C N K Q
E B R G N E T
W T U R E E S
W T E S R I H

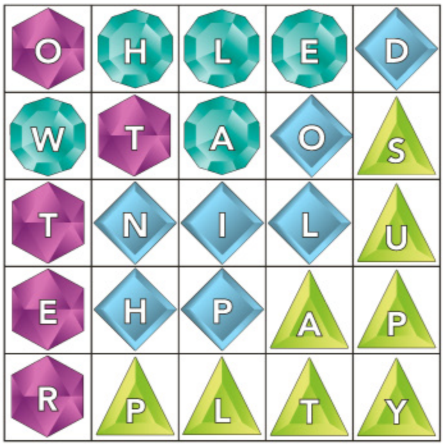
CLUES
1 Big meal, banquet
2 Fast, speedy
3 Colour of grass
4 Sugary
5 Compose a letter

No. 54

Be Jewelled

WORTH $30

HOW TO WIN... There are four aquatic animals hidden in the grid. Each word is a different type of coloured jewel. Go from one jewel to another by moving up, down, or diagonally to find each of the words. Once you have found them all, work out which one would come FIRST in alphabetical order. Write this word only on the entry coupon and you could be a winner.



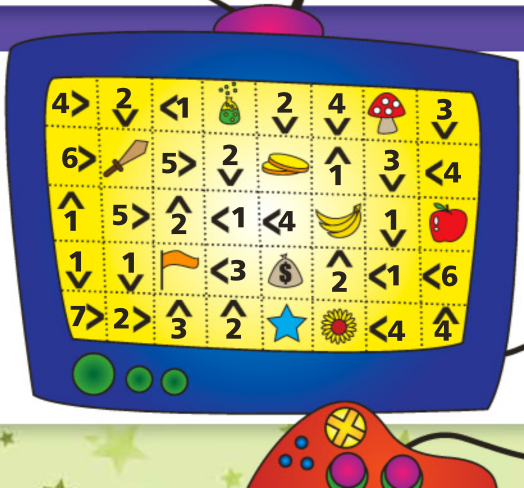
O	H	L	E	D
W	T	A	O	S
T	N	I	L	U
E	H	P	A	P
R	P	L	T	Y

No. 55

Level Up!

WORTH $30

HOW TO WIN... Starting at the top left-hand corner of the TV, follow the arrows around the video game screen (^=Up, v=Down, >=Right and <=Left) until you land on an item (Apple, Bananas, Coins, Flag, Flower, Money Bag, Mushroom, Potion, Star or Sword). When you have worked out what it is, write the name of that item only on the entry coupon and you could be a winner.



4>	2 v	<1	🧪	2 v	4 v	🍄	3 v
6>	🗡	5>	2 v	🪙	^ 1	3 v	<4
^ 1	5>	^ 2	<1	<4	🍌	1 v	🍎
1 v	1 v	🚩	<3	💰	^ 2	<1	<6
7>	2>	^ 3	^ 2	★	🌻	<4	^ 4

THE ULTIMATE GIFT FOR KIDS CARD TERMS AND CONDITIONS, SEE AREMEDIA.COM.AU/COMPETITIONS

that's life! Issue 16

ENTRY COUPON

Enter by mail and online

Entries close May 12, 2023

MAIL: Write your answers for each puzzle you wish to enter on the relevant line. Then tear out the whole coupon and mail it to the address shown over the page. You can send as many original entry coupons as you like as long as each entry is in a separate stamped business-sized envelope (220mm x 110mm or smaller).

ONLINE: Go to **thatslife.com.au/puzzle-entry**, select the relevant magazine issue number and fill in that issue's answers. Only one online entry will be accepted per issue. Please hold on to your magazine's barcode for six months, as proof of purchase.

No. 1	Mazda SUV
No. 2	$100 Treasure Chest
No. 3	Home Speaker
No. 4	Smart TV
No. 5	$90 Quiz
No. 6	$50 Scatter
No. 7	Washing Machine
No. 8	Robotic Vacuum
No. 9	Picnic Basket
No. 10	Smart Speaker
No. 11	Fitness Tracker
No. 12	Kettle & Toaster
No. 13	Handbag
No. 14	$90 Spelling Test
No. 15	Cookware Set
No. 16	Dinner Set
No. 17	$20,000 Monster
No. 18	$70 Arrow
No. 19	$70 Seven Pairs
No. 20	Mobile Phone
No. 21	Ladies Fragrance
No. 22	$80 Word Wheel
No. 23	$60 Crossword
No. 24	$100 Corner
No. 25	$50 Tracer
No. 26	$40 Logic
No. 27	$75 Match Ups
No. 28	$90 Sudoku
No. 29	BBQ Tools
No. 30	Mixer
No. 31	$50 Connecting Name
No. 32	Earbuds
No. 33	$50 Secret Saying
No. 34	$70 Pole Position

Continued over page

No.35	$50 Coordinates	**No.46**	$50 Who Am I?
No.36	Tablet	**No.47**	$50 Tiny Cross
No.37	$50 Diabolical	**No.48**	$60 Number Pyramid
No.38	$60 Equations	**No.49**	$50 Word Bingo
No.39	$50 In the Middle	**No.50**	$50 Wordsearch
No.40	$50 Hit the Spot	**No.51**	$50 Double Trouble
No.41	$75 Cross Maths	**No.52**	Alphapic
No.42	$50 Mix Up	**No.53**	Eye Scream
No.43	$80 Word Pairs	**No.54**	Be Jewelled
No.44	$40 5 x 5	**No.55**	Level Up!
No.45	$70 Misphrased	**$50 Pet Puzzle** (Pg 19)	

SEND THE WHOLE COUPON TO: ***tl!*** **Competition No. 16**
PO Box 66, Eastern Suburbs MC, NSW 2004

Enter online at thatslife.com.au/puzzle-entry

Name

Address

State **Postcode** **Phone ( )**

Email

TERMS AND CONDITIONS AND PRIVACY COLLECTION STATEMENT FOR PUZZLES, MONSTERCROSS AND CAR PROMOTION

Visit www.aremedia.com.au/competitions for full Terms and Conditions. Entries for that's life! Issue 16 open at 09:00 AEST/AEDST on 13/04/23 and entries close at 17:00 AEST/AEDST for mail entries and 23:59 AEST/AEDST for online entries on 12/05/23 (Entry for New Zealand residents opens 09:00 NZST 17/04/23). Draw (draw consists of entries from Issues 14, 15, 16, 17) will take place at 09:30am AEST/AEDST, Unit 5/9 Fitzpatrick Street, Revesby, NSW, 2212 on 26/05/23 and winners published at www.prizestolove.com.au/winners by 02/06/23. Entry is only open to Australian and New Zealand residents who buy that's life!. Authorised under NSW Authority under NSW: TP/00018; SA:T23/27; ACT:TP 23/00053.

CAR: Entire competition opens on 12/01/23 at 09:00 AEST/AEDST and closes entirely on 31/07/23 at 17:00 AEST/AEDST. Entries for that's life! Issue 16 must be received by 12/05/23 at 23:59 AEST/ AEDST. Major Prize draw for Car will occur at Promoter's draw premises on 07/08/23 from 14:00 AEST/AEDST. Winner of the Major Draw will be published on prizestolove.com.au/winners by 04/08/23. Total prize value for Car is up to $26,990.00. The Promoter is Are Media Pty Limited, 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under permit numbers: NSW: TP/00018, SA: T22/1995, ACT:TP 22/02410.

MonsterCross: Entire competition opens on 20/10/22 at 09:00 AEST/AEDST and closes entirely on 14/07/23 at 23:59 AEST/AEDST. Entries for that's life! Issue 16 must be received by 12/05/23 at 17:00 AEST/AEDST. Major Prize draw for Monstercross will occur at Promoter's draw premises on 21/07/23 from 09:30 AEST/AEDST. Winner of the Major Draw will be published on prizestolove.com.au/winners by 28/07/23. Total prize value is $20,000.00. The Promoter is Are Media Pty Limited 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under: NSW:TP/00018, SA:T22/1066, ACT:TP 22/01339.

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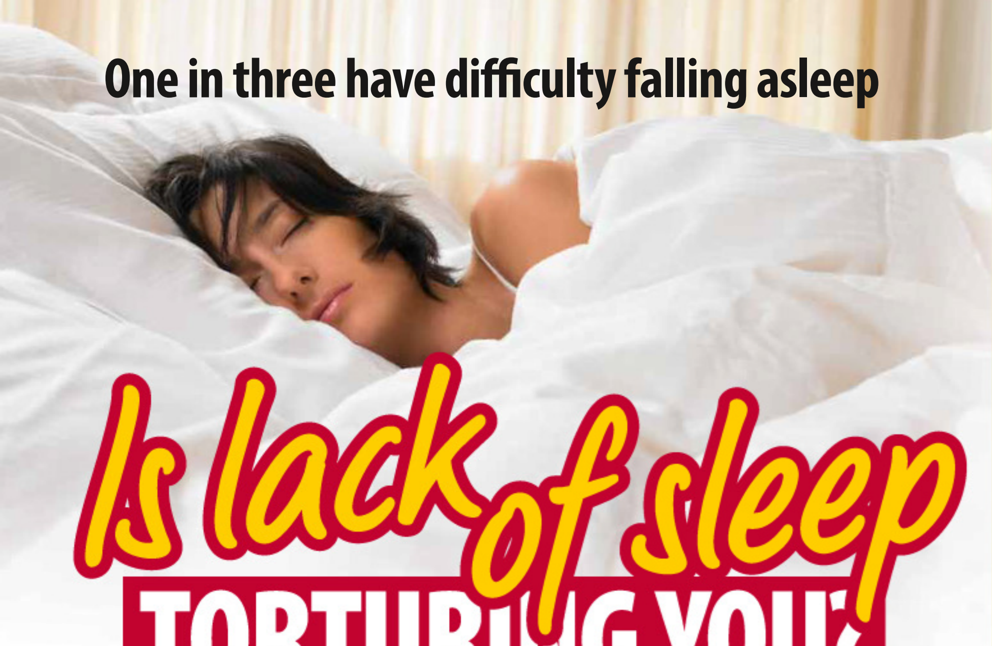
PULL OUT & KEEP PULL OUT & KEEP **PULL OUT & KEEP** PULL OUT & KEEP PULL OUT & KEEP **PULL OUT & KEEP** PULL OUT & KEEP PULL OUT & KEEP **PULL OUT & KEEP** PULL OUT & KEEP PULL OUT & KEEP **PULL OUT & KEEP** PULL OUT & KEEP **PULL OU**

Advertisement

One in three have difficulty falling asleep



Is lack of sleep TORTURING YOU?

Melissa Dream™ is the tablet you need to help maintain a relaxed and restful sleep. A unique formulation – with natural extracts and vitamins.

Disruption of sleep can make you feel miserable. Unrestful and disrupted sleep is becoming ever more common in our hectic, rushed society. If you do not get the proper amount of sleep, you will often experience dark circles under your eyes. Your skin looks pale and you may gain noticeable kilos of weight because you increase the production of the hormones, which again makes you feel hungry.

Brutal to the body

Sleep deprivation results in a slowed rate of healing in the body and it can weaken your immune system. In fact, sleep deprivation is so brutal to the body, that it is not uncommon for friends and coworkers to wonder if you are alright. Deprivation of sleep is known to be so horrible for people, that it has long been recognized as one of the cruellest—and therefore most effective—forms of torture.

Sleep better and wake up refreshed

To help you free yourself from these unrestful sleepless nights, you should try Melissa Dream™ tablets. A lemon balm tablet, which helps maintain a relaxed, restful sleep.

Why Melissa Dream

For centuries lemon balm, melissa officinalis, has been a favorite herb with herbalists. Hence, the name Melissa Dream™. This scientifically crafted herbal formula is designed to help you sleep better and wake up refreshed without the use of ingredients, which makes you drowsy.

The lemon balm tablet is fortified with a combination of soothing green tea, chamomile and vitamin B complex. It's high in antioxidants and apigenin and can activate mechanisms that calm nerves and reduce the time to fall asleep. Additionally, the tablet is rich in magnesium, which promotes normal muscular functions, including comfortable nighttime muscular function in your legs and shoulders.

My sleep solution

Now I can sleep soundly again!

Many of us know the anxiety not to be able to sleep through the night. You are turning and turning; thoughts and worries are churning in your head. Elin, 62, knew this feeling all too well and decided to try the new Melissa™ tablets.

Elin has had problems during the latest years falling asleep and she often woke up several times during the night. – It is really frustrating lying in bed turning and turning, because you cannot sleep. During the day I had problems concentrating, because I was tired. I was always running about like a headless chicken, not being able to have anything done – simply because I had too little and too disturbed sleep.

Amazing to wake up from a sound sleep

– Now I feel fantastic. I feel really rested and happy when waking up. I am truly on top of things during the daytime, coping with everything. I take the tablets one hour before going to bed. It really feels amazing to wake up from a sound sleep again!

AVAILABLE TO BUY
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SINCE 1990
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Melissa Dream™
Restful sleep
Reduce time to fall asleep and calm nerves
Lemon balm helps to find sleep
Herbal supplement • 60 coated tablets
MANUFACTURED IN SWEDEN
Lemon balm, green tea, chamomile, vitamin B complex, magnesium
with herbs

Mr Vitamins
Best Price • Expert Advice

– INDEPENDENT –
Health Food Stores

Giant Chemist

BreastScreen
AUSTRALIA
A joint Australian, State and Territory Government Program

1 in 7 women

in Australia will develop breast cancer in their lifetime

Early detection could save your life.

If you're due for screening, book your free mammogram today.

BreastScreen Australia invites women aged 50 – 74 to book a free screening mammogram every two years.

☎ Contact your local BreastScreen Australia service on **13 20 50** to book an appointment.

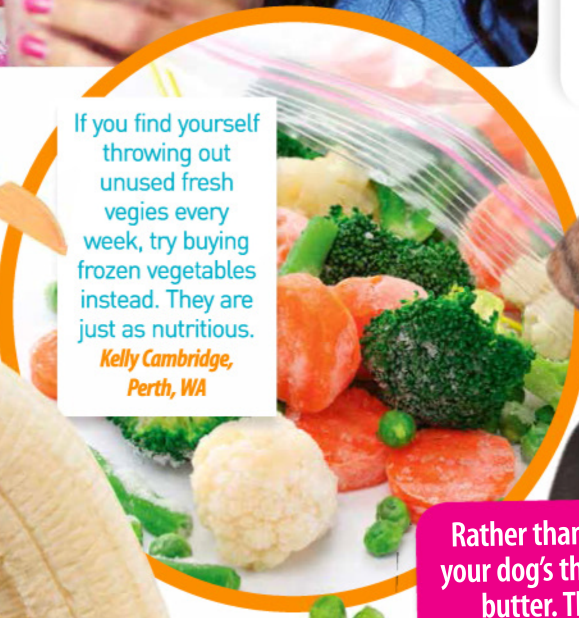
BRAIN waves

SEND US YOUR **CLEVER IDEAS**

If your kids don't like to eat breakfast, blend a smoothie with milk, yoghurt and fruit such as bananas or strawberries. I've never known a kid to knock back a milkshake.
Beth Matthews, Townsville, Qld

To stop an aggressively growing shrub taking over your garden, plant it in a pot with drainage. This will help contain the roots and control the size.
Miranda Brady, Sydney, NSW

Put clothes onto hangers straight from the washing machine. The wrinkles will fall out as they dry and they won't need to be ironed.
Carrie Hobbs, Richmond, Vic



If you find yourself throwing out unused fresh vegies every week, try buying frozen vegetables instead. They are just as nutritious.
Kelly Cambridge, Perth, WA

Rather than having to push a pill down your dog's throat, try coating it in peanut butter. They will think it is a treat.
Susan Hoare, Adelaide, SA

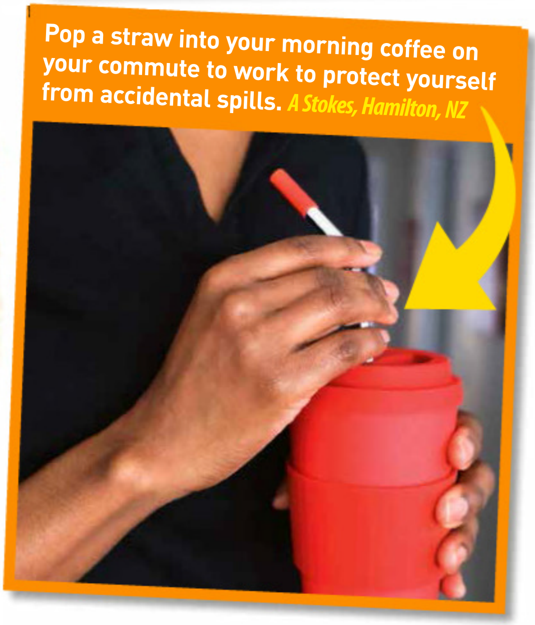
Try a new use for...

lemons

- Bury a few lemon peels into garden beds to help repel bugs and insects.
- Add half a cup of lemon juice to the laundry to naturally brighten faded whites.
- Revive grimy stainless steel appliances by cutting a lemon in half, dipping it in salt, and rubbing onto the surface. Your appliances will be gleaming in no time.

Toss banana peels into the blender with a little water to create a compost your rose bushes will love.
Jan Haines, via email

Pop a straw into your morning coffee on your commute to work to protect yourself from accidental spills. *A Stokes, Hamilton, NZ*



PHOTOS: GETTY IMAGES

email: thatslife@aremedia.com.au **write: AUS:** GPO Box 5245 Sydney NSW 2001 **NZ:** PO Box 90064, Victoria Street West, Auckland 1142

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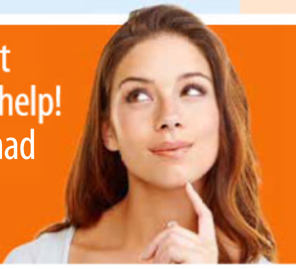
WHAT WOULD *you do* ?



Got a problem? Let *that's life!* readers help! Here's what they had to say about this week's dilemma

Dear that's life!

I've been going out with my man for five years and I'm desperate for him to propose. We are very happy together, but he's scarred after the fallout from his first marriage and divorce, and he says he doesn't want to get married again. I've always wanted a wedding and it's very important to me to make that commitment in front of friends and family. I also want his kids, who are 16 and 18, to know this is the real deal and that I'm not going anywhere.

What do I do?

I want my man to propose

Make him miss you

Maybe a prenuptial would make him feel better. Or go on a vacation without him. Make him miss you. Long-term relationships sometimes have people being taken for granted. You're not the ex. There's no reason marriage with you would end, or end the same.

Valinda Wilson

Be happy

You say you've 'always wanted a wedding', not a marriage. You can't force or push someone into a wedding. Be happy with what you have.

Gina Hamilton

Just a title

Being wife, girlfriend or de facto, call it what you will, you're still legally entitled to half of his everything anyway.

Denise White

End it now

Sorry, you're not compatible. If he won't, and you really want to, it's time to end it now.

Melissa Kleindienst

It's about love

I'm guessing what you've always wanted is the white dress, the big party, the diamond ring. Those things don't make a marriage. It's the love and commitment.

Narelle Dunn

Can't change him

If he's adamant he doesn't want a wedding, there's little that will change his mind. Is having a wedding so important that you'd be willing to leave the relationship?

Laura Forrest

Compromise

It sounds like you've got a good relationship. Some people never get married. My partner and I have been together for nearly 25 years. We're not married and we don't see why we need to be. It's a personal choice.

Rachel Conway

Make a pledge

You could try asking him for a 'commitment ceremony', which is just like a wedding without the paperwork. You get up in front of the people you care about and pledge to love one another.

Cassie Marie Hicks

You can propose

There is nothing stopping you from popping the question yourself. If you love him and want to commit to him, show him by proposing to him.

Nicole Blick

There are other men

He's been honest and told you that he does not want to get married. Accept it or move on. There are plenty of other men.

Kim Butler Graham

Don't settle for less

Sometimes it's just the way it is. One wants one thing that the other doesn't want. Neither is wrong, but it does mean you probably can't stay together if neither of you will change your mind. Don't settle for less than you want.

Michaela Mace

Piece of paper

Many people live together very happily without a wedding. Marriage is really just a piece of paper.

Alison Underwood

Have you got a dilemma?

Then you can anonymously ask thousands of that's life! readers to help you solve it **email:** *thatslife@aremedia.com.au*

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that's an idea!

A WEEK'S WORTH OF THINGS TO BUY AND DO

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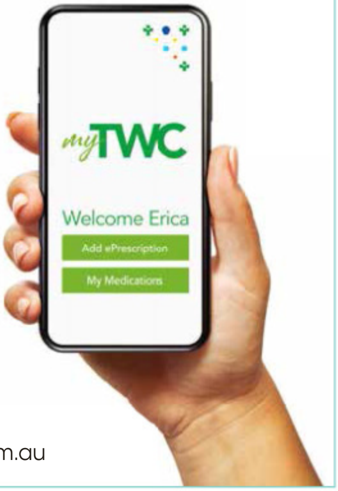
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Ms. MONEY$AVER

with Samantha Ireland

SAFER shopping

SIMPLE SWAP

If you're in the habit of impulse buying, why not enlist the help of a spending buddy. Choose someone you trust, and agree to check in with them whenever you're tempted to spend over a pre-determined amount, for example, $30. Their job is to challenge you on the purchase and help you determine whether it's worth spending the cash or saving it instead. You can return the favour if they're impulse buyers too.

Since 2019, the number of people shopping online has increased by 39 per cent. While most of us still prefer to visit a store, there's no doubt we're increasingly turning to the convenience of shopping remotely. I understand why.

This morning, while still in my pyjamas, I jumped online and found the insulin syringes I use for my diabetic dog for less than half what I pay at the vet. And I bought a 10-pack of dishwasher tablets for the price I'd pay for four packets at the supermarket.

There are major savings to be had, and convenience, but you also risk losing money if you're not careful.

I've written columns on cybersecurity before, but I want to talk specifically about protecting yourself while online shopping.

Nothing can ever guarantee that you won't sometimes have a bad experience, but there are a few things you can do to lower the risk.

GUARD YOUR MONEY

Using a credit card isn't always a good idea, but when shopping online, there is a definite advantage.

If you use your debit card and the details are fraudulently accessed, you may lose whatever money you have in that account. You could be out of pocket for weeks, if not months, while your bank investigates.

Using a credit card means your personal money is safe, just be sure to pay it off in the billing cycle to avoid interest.

Alternatively, have a debit card that you use just for online transactions, and transfer only the amount you need before you make each purchase.

LOOK FOR REVIEWS

You're fairly safe shopping online with reputable retailers, but before giving your account details to an unfamiliar store or person, do a bit of research.

Google and Trustpilot reviews can alert you to any dodgy dealings people have had. If shopping on sale sites such as eBay, Facebook Marketplace or Gumtree, look for the seller ratings given by previous customers.

And only communicate through the site's chat function so all interactions are recorded.

PUBLIC WI-FI

Whenever I walk into a large shopping complex, I have a message pop up on my phone asking if I want to connect to their free wi-fi.

As tempting as it may be to save a bit of data, it's not a great idea if you're planning on doing online shopping while you sip your coffee.

These free wi-fi services are unsecured – it's a bit like leaving your purse in your car with the window down!

MS MONEYSAVER'S TIPS ARE PREPARED IN GOOD FAITH. THAT'S LIFE CANNOT ASSURE READERS THAT THEY WILL BE EFFECTIVE IN ALL CASES AND IS NOT RESPONSIBLE FOR ANY LOSS OR DAMAGE RESULTING FROM FOLLOWING THEM.

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The ill-fated Vyner Brooke

BRAV
on the

Anthea wanted the world to know about her heroic Great Aunt Minnie and her courageous colleagues

Anthea Hodgson, 52, Perth, WA

When the haunting final notes of 'The Last Post' drew the Anzac service to a close, my children were full of questions.

'Tell us about Auntie Minnie again?' my daughter Audrey, then eight, asked.

'Great Aunt Minnie was your great-grandad's sister and a nurse who was shot in the Second World War,' I explained to her and her brother, Finley, then 10.

My grandfather Jim's sister, Minnie Ivy Hodgson, was tragically killed by the Japanese in a massacre on Radji Beach on Bangka Island, just off Sumatra in 1942.

As the years passed I often wondered about Minnie's life.

The sole survivor of the terrible Bangka Island attack had been Sister Vivian Bullwinkel who gave evidence at the 1946 Tokyo War Crimes tribunal.

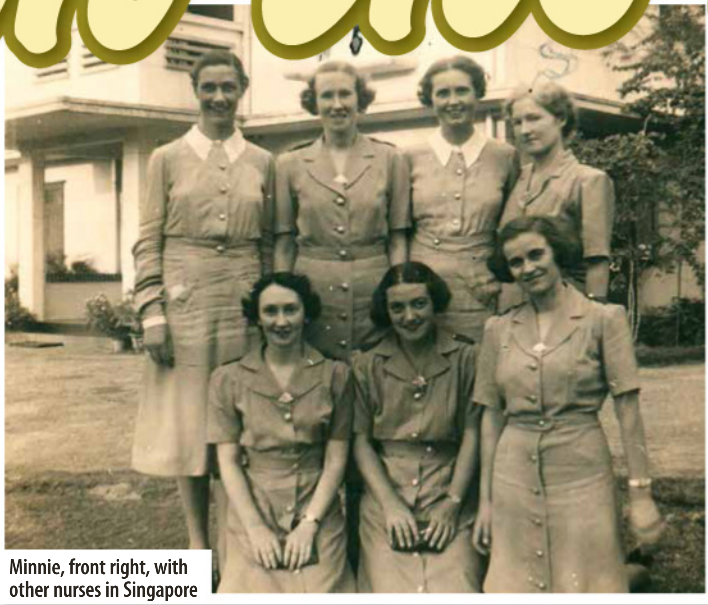
In 2018, fascinated by the bravery of these nurses in the face of such brutality, I was determined to find out more.

I found so many amazing stories

'Minnie's war medals are at the WA Medical Museum,' my mum Margaret, then 75, told me.

Visiting the museum, staff directed me to Minnie's school, Presbyterian Ladies College Perth.

'I've got a whole collection on Minnie,' the school archivist Shannon explained.


Minnie, front right, with other nurses in Singapore

As I pored through reams of yellowing papers and faded photos, Minnie's story sprang to life.

Born in Yealering, WA, in 1908, Minnie had six siblings. I learned that Minnie was very strong-minded. She'd upped and left school at 15 after a row with the principal. She'd then travelled 200 kilometres home, much to her family's astonishment.

She'd trained to be a nurse and, as I looked at the photo of her nursing graduation, she seemed so dynamic and full of life.

'The story goes, Minnie liked a neighbouring farmer,' Mum explained.

It seemed when the farmer married someone else, apparently broken-hearted Minnie enlisted in the Australian Army Nursing Service in 1941.

Records showed Minnie had been posted to the 13th Australian General Hospital, Singapore in 1942.

As I waded through history books, I came across so many amazing stories of other nurses who served with Minnie.

After being shot in the massacre, Vivian Bullwinkel had pretended to be dead, then had hidden before being recaptured by the Japanese. She'd been transferred to a prisoner of war camp. Surviving, she moved back to Australia, dying in July 2000.

Then in 2019, research uncovered the shocking truth of the Bangka Island

Me and my daughter Audrey

VERY beach

25 APRIL
ANZAC DAY
LEST WE FORGET

massacre. Minnie and the other 21 nurses had been raped by Japanese soldiers before being ordered to walk into the sea, where they were shot by machine gun fire.

Minnie had been just 33.

It had been a truth thought too awful to tell before, but it wasn't the nurses' shame.

These women did active service for their country. They deserved to be remembered as heroes.

Desperate for Minnie's story to live on for my children and younger generations, I had an idea.

'I want to write a book about the war nurses and Minnie,' I told my husband Martin.

'Good idea,' he encouraged.

So in 2021, I began writing a historical fiction novel, weaving in as many true stories as I could.

As I wrote, I had photos of Minnie and the other nurses on my filing cabinet to inspire me.

When the Japanese had invaded and Singapore fell, in February 1942, expats did their best to leave by boats.

Minnie was evacuated along with 65 other nurses, 47 crew and 181 passengers and patients, mostly women and children, on steamship *Vyner Brooke*.

On February 14, Japanese aircraft bombed the ship in the Bangka Strait. When it sank, the passengers, including Minnie and the other nurses, ended up in the water, many drowning.

Minnie floated to shore on Radji Beach along with other survivors. Although some civilians fled to safety, the nurses adamantly refused to leave the wounded soldiers.

But on February 16, the Japanese returned, rounded up the soldiers, and brutally bayoneted them to death.

Soon I could hardly write for tears.

As Minnie and the nurses walked hand in hand into the water, one nurse said, 'Girls take it, don't squeal.'

As I wrote, the face of Matron Irene Drummond with her wire glasses looked at me from her photograph on my cabinet. Writing her words from the history books, they said it all.

When the Japanese began shooting them, Matron Drummond called out, 'Chin up girls! I'm proud of you all and I love you all.'

A final act of love and comfort in their darkest hour.

I wrote on about the horrific prisoner of war camps where so many nurses and others died.

I cried so many times writing *The War Nurses*, but it celebrates the brave nurses like Minnie.

Recently I was thrilled to discover a park in West Leederville, Perth, will be renamed Minnie Hodgson Park in honour of her sacrifice.

I'm honoured to write Minnie and her colleagues' story. I hope I've kept their bravery and sacrifice alive for new generations, so these women will never be forgotten. ●

As told to Lisa Brookman

'The War Nurses' is available online and in bookshops now.

I want to make sure they're never forgotten

Minnie in her nurse's uniform

Tiri with her ribbon

My dogs DANC

Jean is so proud of her precious pups

Jean Milnes, 78, Myponga, SA

As I stepped off the plane in Adelaide, SA, warm air filled my lungs.

'This is where I need to be,' I smiled, looking around.

Having moved from rainy England with my dog, Kidogo, a three-year-old labrador cross greyhound, I was looking forward to the change of scenery in my new home.

I'd visited Australia before, and when my daughter relocated with her husband and my grandson, to Adelaide two years earlier, it was the perfect excuse for me to move too.

Kidogo was kept in quarantine for 30 days after we landed to make sure he wasn't carrying any diseases.

Once he got the all-clear, I went to pick him up from the vet and spotted a sign for Dances with Dogs classes – where handlers and their pups work together as a team to perform choreographed movements accompanied by music.

I'd always loved to dance and, since I was retired, it seemed like a great way to make friends. So I took down their number.

Attending one of the classes a month later, Kidogo, who I called Dogo for short, and I had a lot of fun twirling around to the music.

'You have two left feet Dogo!' I giggled.

It was lovely to meet locals who loved their dogs as much as I did, too.

As time passed, we became more in sync as we mastered a handful of dance tricks, including weaving Dogo through my legs, spinning together and having him walk backwards.

'You're such a clever boy,' I beamed.

And after class, a group of us would take our furry pals to grab coffee and chat.

> 'You have two left feet Dogo!' I giggled as we twirled

Within weeks, I felt entirely at home.

I couldn't have done any of it without Dogo! I thought, feeling grateful.

Nine months later, we travelled to Victoria to take part in our first competition.

Making our way around the arena, I directed Dogo as we showed off our dance moves – prancing, twisting and turning.

While we didn't come away with a win, we had a blast!

However, just a few months later, Dogo was the highest titled dog in our state for Dances with Dogs, and went on to win an intermediate title – the third highest tier.

The more fun we had, the more I yearned for a second pup to love and train.

Growing up, we'd had a corgi called Bonzo, who was my best friend and was fiercely protective of me. I loved teaching him how to jump over pot

Me with Tiri, herding sheep

Performing a dance routine with my pup

Me with Dogo

can

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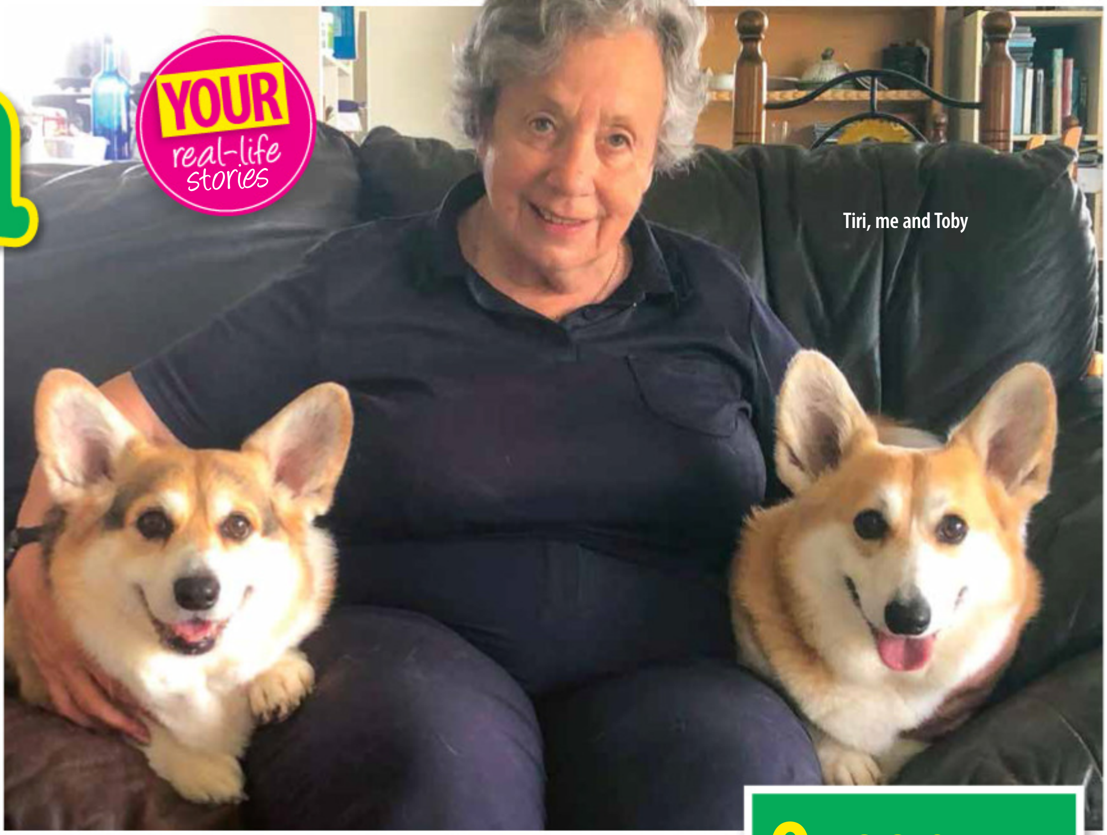

Tiri, me and Toby

plants in the garden.

Bonzo lived to be 17, and I always knew one day I'd find another corgi to love.

So when Dogo was eight, I brought home a corgi puppy, who I named Tirion, or Tiri for short.

Taking Tiri to classes, she picked up the moves like a duck to water and loved all the extra attention.

Waiting for music to start at our first competition, Tiri was doing well until she spotted a friendly face outside the ring.

Chasing after her friend for a pat, Tiri was too excited to sit still, and I knew she wasn't yet ready.

When Dogo was 10, I retired him from dancing. Battling bone cancer, he was in and out of surgery to keep him going.

Dogo sadly passed, aged 12. He left a huge hole in my heart. And, Tiri, then four, missed him terribly too.

Tiri needs a companion, I realised.

So I adopted a two-year-old corgi named Toby, whose owner sadly could no longer take care of him.

> Tiri has tried her paw at herding sheep

Toby had little training and few socialisation skills. But Tiri quickly showed him the ropes and, after a few hours of Toby hiding out in the bathroom, the pair were running rings around the backyard together.

Then friends told me about scent work classes for dogs, where they were taught to detect various odours and indicate when they'd detected the smell.

'It's great for reactive and anxious dogs,' one friend said.

Hoping to ease Toby's anxiety, I signed him up. Within a few weeks, we found his knack for sniffing out a hidden scent.

While Toby found his confidence, Tiri wasn't going to let him get away with being top dog.

Last October, she took home first prize for the highest scoring Welsh corgi at the Dogs Victoria State Scent Work Trials.

Coming away with a green sash bigger than her and a big bag of treats, Tiri knew she had done well!

When we're not competing, the pups are putting smiles on the residents' faces at the local aged care home, and helping greyhounds reintegrate into loving foster families.

And Tiri has even tried her paw at herding sheep and ducks! Watching my girl tear around the paddock, directing sheep into a pen, I couldn't be prouder.

Now I'm even travelling around Oz as a judge for Dances with Dogs competitions.

Without my clever pups, I'd never have been able to carve out the life I have here.

Giving them a kiss before bed every night, I always tell them how much I love them.

Dogs really are a woman's best friend! ●

As told to Lizzy Dimopoulos

Queen of corgis

The name corgi comes from the Welsh language, with 'cor' meaning dwarf and 'gi' meaning dog.

Despite their size, corgis were originally bred for herding, with documentary evidence dating back to 800AD showing they were miniature shepherds!

Amazingly, almost 80 per cent of their rear ends are filled with air, meaning they float when they take a bath! Who's a good buoy?

During her 70-year reign, the world's most famous corgi owner, Queen Elizabeth II, had more than 30 of them as her furry friends.

HEALTH PLEDGE

This week I'll... eat some chocolate

Dark chocolate is good for you! That's because it's packed with antioxidants and healthy minerals, like iron, zinc and magnesium. The best benefits come from eating chocolate that's 70 per cent cocoa or higher, and stopping at just two squares. But if milk chocolate is more your thing, we're not against the occasional indulgence.

3 WAYS TO... cure a hangover

1

RAISE A GLASS

While experts are divided over whether having a small drink (aka the hair of the dog) can really soothe morning hangovers, we do know that proper hydration is important. Sip some water or juice to build up your fluids.

2

LOAD UP ON CARBS

Drinking alcohol can lower your blood sugar, so eating a few carbs can be a gentle way to restore the balance. If you can't bear the thought of a full breakfast, nibble on something light like a piece of toast with a side serve of OJ.

3

AVOID PARACETAMOL

Many of us reach for paracetamol when we have a headache, but it should be avoided if you have a hangover. When taken after a big night it can potentially harm your liver, which is already stressed from clearing last night's alcohol.

SPOTLIGHT ON RSV

Doctors hope there'll soon be a vaccine against this common virus

With COVID variants still emerging, and cold and flu season underway, getting sick can be confusing. One virus that's been in the news is respiratory syncytial virus, or RSV.

While a lot of people may not have heard of RSV, it's highly infectious and very common. In fact most kids will have had an RSV infection by the age of three.

Although RSV symptoms are usually mild, some adults, children and babies, especially those born prematurely, will need hospital treatment.

THE SYMPTOMS

RSV is more common during the colder months, and is spread in a similar way to the common cold.

Symptoms can include a runny nose, cough, sneezing, headache, a sore throat and fever. In some cases it can also cause complications such as pneumonia or bronchiolitis.

While most people will recover after bed rest, children and babies should be monitored. If you're worried symptoms are worsening, call your GP or Healthdirect on 1800 022 222.

If a baby has difficulty breathing or appears to be drawing in their chest with each breath, call an ambulance or go to Emergency immediately.

CAN I AVOID IT?

The good news is that scientists are working on vaccines that could soon be available. Until then, the best way to avoid RSV is with the same hygiene practices that have become familiar to us with COVID.

If you have any RSV symptoms, avoid close contact with others, such as kissing and shaking hands, maintain social distance from others, wear a mask if you're out in public, and wash your hands regularly.

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2

This per cent of the population have a genetic variant which means they don't produce any BO!

Help at hand

Studies have shown that 33 per cent of women living in crisis accommodation delayed leaving violent relationships out of fear that their partners might harm their pets. But there are various organisations working to provide support, by offering temporary homes for pets that can't be housed in shelters. In Australia the RSPCA has programs in a number of states. Visit rspca.org.au for details in each state or territory. The New Zealand charity Pet Refuge provides temporary accommodation for pets that need safe homes. Visit petrefuge.org.nz

Did you know?

The average person spends around 9.31 hours in their bedroom each day. A recent study by UNSW found that just 7.12 hours of that time is spent sleeping. Watching TV was the most popular activity, followed by reading, studying or working, then exercise.

20

You need to properly wash your hands for this many seconds. That's about the time it takes to sing 'Happy Birthday' or the chorus from Beyoncé's 'Love on Top'.

TEXT BY AMBER BRAMBLE

ASK THE Doctor

With Dr Dawn Harper

CAN WE MIND OUR GRANDCHILD?

Q We're due to look after my two-year-old granddaughter in a fortnight so that my daughter and her husband can go away for their wedding anniversary. My daughter rang to say my granddaughter has been sent home from daycare with impetigo. My husband is currently having treatment for prostate cancer. Is it okay for us to have her to stay?

A Impetigo is highly infectious for 48 hours after starting treatment or until the last blister has scabbed over. It usually clears completely within seven to 10 days, so hopefully your granddaughter will be fine in two weeks. If your husband is on treatment that affects his immune system and the child still has lesions, I'm afraid it would be better if she didn't visit.

MY KNEES ARE SO SORE

Q For most of my adult life I've had psoriasis. It's mainly just a few patches on the front of my knees, so it hasn't been much trouble. But recently, I've had a lot of pain and swelling in my knee joints. My GP thinks I may have psoriatic arthritis. I didn't even know that was a thing. Should I go and get a second opinion?

A About one in three people with psoriasis develop psoriatic arthritis, typically five to 10 years after the psoriasis is diagnosed, but it can start before any skin lesions are noticed. It can affect any joint, although knees, ankles, feet and hands are the most common. Your GP will probably suggest you try non-steroidal anti-inflammatory drugs to alleviate the pain, but, if these are not enough, you may be given a referral to a rheumatologist.

Afraid to ask?

WILL I NEED SURGERY?

Q I'm 45 and my periods have been getting heavier for the last couple of years. My GP arranged for me to have an ultrasound, which has shown fibroids. They want me to see a gynaecologist, but I'm really not keen on surgery. My mum had a hysterectomy and it took her months to recover.

A Fibroids shrink naturally after the menopause unless you have HRT. However, the average age for the menopause is 51, so if you do nothing, you could have another six years of heavy bleeding. The good news is that new surgical techniques may allow you to have the fibroids removed through your vagina rather than having a hysterectomy. Recovery is much quicker too.

FUTURE PUBLISHING LTD

Have you got a question for Dr Dawn? *Send your questions to* **email:** *thatslife@aremedia.com.au*

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MEDI-FILE

MARVELLOUS Matty

Jess' son battled with a smile on his face

Jess Hay, 39, Gloucester, NSW

Sweet Matty and me

Little Matty with his leg casts

As soon as our newborn son, Matthew, was put on my chest in the labour suite, he turned blue.

'What's happening?' I screamed, thinking we'd lost him.

Matthew was born with bilateral club foot, soft cleft palate and recessed tongue and recessed jaw, which completely blocked his airway.

My husband Adam, then 27, and I spent the next seven weeks by Matthew's side in NICU at John Hunter Hospital. So many times it was touch and go, and we nearly lost him as his tiny airways were always getting blocked.

Stroking his tuft of red hair, I desperately hoped he'd be okay.

Before discharging Matthew, doctors said he'd be tube-fed and need to be on his belly for months.

'The second you put him on his back, his tongue could obstruct his airways,' they said.

Doctors explained if he aspirated – breathed in fluid into his lungs – it could cause pneumonia or even death.

'I'm so scared,' I confessed to Adam.

Matthew, or Matty as we called him, often pulled his feeding tube out.

Terrifyingly, if he was drinking at the time, his little lungs filled up with milk.

Replacing the tube took two people, so if Adam was at work, I had to go to hospital or get a friend to come and help.

Doctors had said Matty's oxygen levels were so low they were concerned his brain may be deprived of oxygen. They warned Matty might be intellectually and physically delayed. But to our joy he sat up at six months and crawled at 12.

> To our joy he sat up at six months and crawled at 12

He needed full casts on his little legs to help align his feet, as well as full boots for almost two years.

Still, he was a trooper. Whenever we put the radio on, he grooved away, waving his little foot in his cast with a big smile on his face.

'He's such a happy boy,' I said.

Matthew was slowly weaned off the feeding tube when he turned two.

After the struggles we'd had with Matty's tube, Adam and I wanted to find a solution.

So we developed EzyAid, a waterproof, transparent adhesive that holds the feeding tube in place and sticks to the skin. Importantly, it can be applied by one person.

When Matthew was eight, we sent his blood for genetic testing in America.

We discovered he had a very rare genetic disorder called MED-13L syndrome – meaning his brain would not develop beyond that of a child.

We were relieved to have a diagnosis even though it was grim.

Only 300 people in the world have the rare condition.

Matthew is now 10 and a big brother to Isabelle, six, Ellenorah, 18 months, and Hudson, 10 months.

He loves playing on the trampoline and running around the sprinkler with his siblings or going swimming.

He can say 'Mum' and 'Dad' and goes to a mainstream school with a full-time aide.

Although we don't know what the future holds, I couldn't be prouder of my marvellous Matty. ●

Adam and Matty with his feeding tube

Isabelle, Ellenorah and Matty

MED-13L

- MED13L is a developmental gene disorder.
- It causes developmental delay, intellectual disability, and minor differences in facial features.
- It can result in recurrent seizures or congenital heart defects.

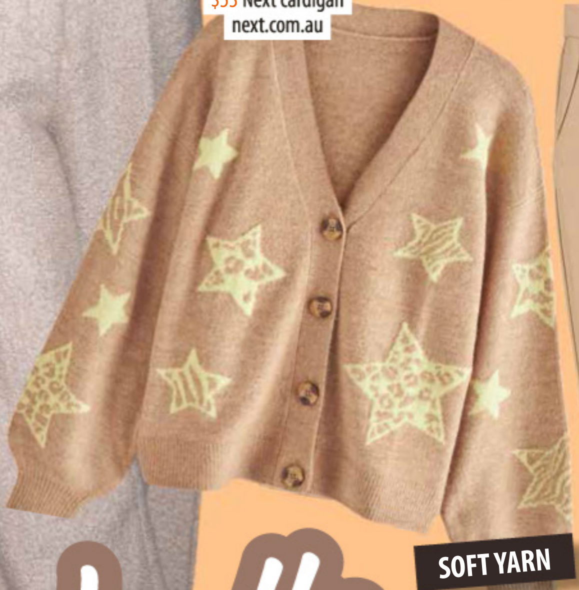
AS TOLD TO ASTHA GUPTA

Coffee

Let your morning brew inspire your autumnal colour palette!

LILI REINHART

$39.95 Sportsgirl hat
sportsgirl.com.au



$53 Next cardigan
next.com.au

SOFT YARN

$34.99 H&M pants
hm.com.au

Latte

LESLIE MANN

$50 Target boots
target.com.au

Cappuccino

$15 Kmart bag
kmart.com.au

CROSS BODY

$18 Big W belt
bigw.com.au

$69 Yours Clothing dress
au.yoursclothing.com

$19.99 H&M sweater
hm.com.au

$89.99 Forcast pants
forcast.com.au

CROPPED FIT

$34.99 Cotton On slippers
cottonon.com

Espresso

$56 Next top
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$15 Big W bag
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Detangle and smooth your strands daily with one of these stand-out brushes. Whether you're looking for a blow dry brush or wet detangler, these are some of our faves.

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Detangler Brush
Turquoise
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$20 TONI&GUY
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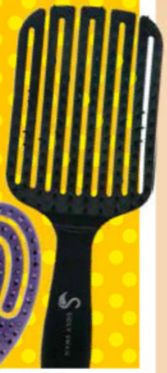
$35.95 Ugly Swan
Wet Scream-Free
Hair Brush
uglyswan.com.au

$7.39 Lady Jayne Flexi-Glide
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$27.50 Brushworx
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myhaircare.com.au

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TOTAL PRIZE VALUE: $4,317

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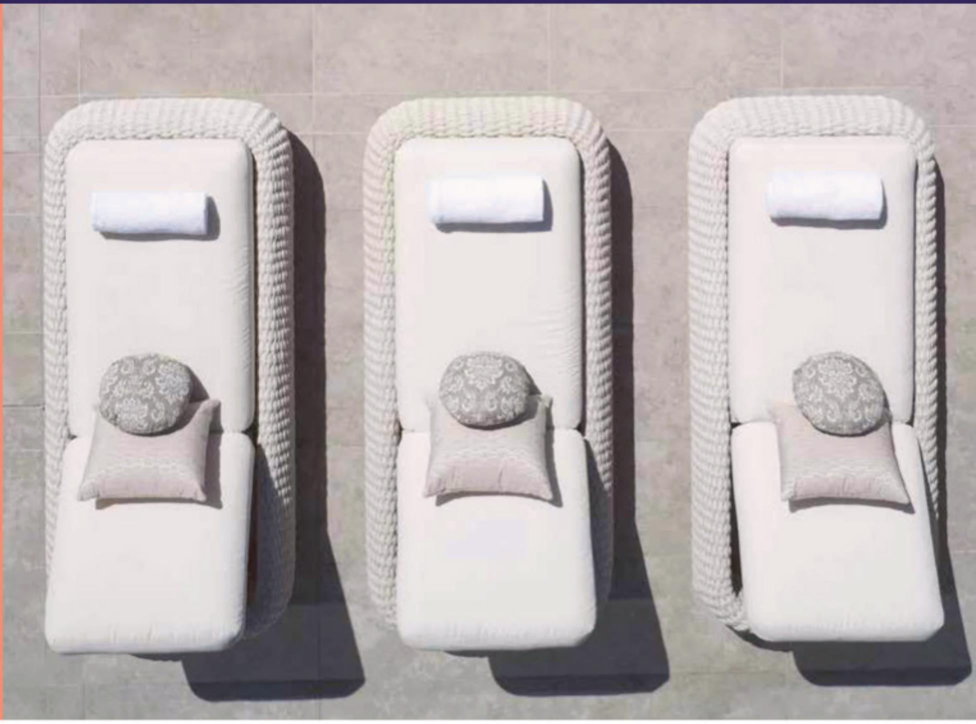


Competition terms and conditions apply, see aremedia.com.au/competitions. Competition opens 06/03/23 and closes at 11.59pm AEST on 30/04/23. Draw will take place on 08/05/23 at 9:30am AEST at Promoter's premises and winner will be published at beautyheaven.com.au by 15/05/23. One entry per person permitted. To be eligible for the competition you must be a beautyheaven member. Total prize pool is $4,317.00. Open to Australian and NZ residents aged 18+. The Promoter is Are Media Pty Limited, 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under NSW: TP/00018, ACT: TP 23/00229.

IRIS ROOFTOP

BISOU BISOU

After having served his country, Tom found it difficult to share a smile

Mates AT HEART

25 APRIL
ANZAC DAY
LEST WE FORGET

Tom unbuttoned his poppy-adorned coat and walked into the cafe.

'Morning,' he said to the owner Nessie. 'The usual.'

Nessie couldn't work out Tom. This solitary, gruff man had become her pet project. She wanted to make him smile. But so far, not even a smirk.

'Don't you get sick of the same thing every day, Tom?'

'No,' he replied.

'No?' Nessie said. 'Ever considered a mochaccino and a blueberry muffin?'

She hoped the corners of Tom's mouth might twitch.

'No,' he grunted.

'Okay.' Nessie accepted defeat. 'The usual it is. But Tom,' she added, 'someone's beaten you to your table.'

Tom looked over at 'his' table, irritated that his daily routine has been sabotaged.

'Didn't know that could happen,' he huffed.

'What?' Nessie asked.

'A kid that young could get out of bed this early.'

Nessie smiled. 'Well, he's proved you wrong.'

'Hmmmph. '

Tom sat at a table opposite the young man, and studied the angry suture line zig-zagging across a shaved area on the side of his head. Crutches lay on the ground under the table.

Probably got into a fight, Tom thought.

The young man looked up. 'Chilly this morning,' he commented.

'You'd know,' Tom nodded, pointing to the head scar.

'Oh, yeah,' the man said, running his hand over the bare patch. 'You're right.'

'By the way,' added Tom, 'you've taken my table.'

Tom never used to be possessive. Or angry. He was placid. But a tour of duty can change everything.

Tom fixed his gaze on the table thief.

You have no idea what people like me have suffered, what we saw. You or anyone else, he thought.

Then, as often happened, Tom lost his grip on the present. His mind wandered back to the screams of his comrades, the stench of his gangrenous foot, the pain of his amputation.

'Sorry, mate.'

The voice brought Tom back. 'Sorry? For what?' he asked.

'For taking your table. Please, come and join me.'

'Thanks, but…'

Nessie arrived with Tom's order. 'Over there, Nessie,' he beckoned. 'At *my* table.'

'Great,' the young man smiled, hobbling up and pulling out a chair for Tom. 'My days feel so long. It'll be good to have company. I'm Alex.'

'Er… Tom.'

They shook hands awkwardly.

'So,' Alex said. 'What's your story?'

Tom raised an eyebrow. 'What do you mean?'

'The poppy on your jacket. You in the services?'

Tom was shocked. Nobody was ever interested in him. 'Yeah… in the '60s.'

Alex nodded. 'The '60s? Vietnam?'

'Rather not talk about it.'

'I know what you mean, mate,' Alex said, squeezing Tom's forearm. 'War doesn't have much going for it, does it? Apart from the camaraderie.'

> 'Sorry for taking your table. Please join me'

Tom stared at Alex. 'And how would you know?'

'Just finished my first tour,' Alex answered.

'What? You're…?'

'A soldier. Afghanistan.'

Tom realised his error of judgement and tears stung his eyes.

'I know, Tom. Same horror, different war.'

Tom listened to Alex's story, then, with a bit of coaxing, shared his own. They talked all morning.

Nessie looked over at the unlikely duo and wondered what the two strangers had found to talk about.

And then… it happened.

Just as Alex and Tom were saying their goodbyes, Alex said something, with a cheeky glint in his eye.

The old man's mouth twitched, then he threw back his head and laughed. It bounced off the cafe walls.

As the two Diggers, now mates, embraced, Nessie wiped away a tear. ●

By Susan Frame

PHOTOS: GETTY IMAGES

TERRIBLE TIMING

Eleanor's 10-year anniversary wasn't a blissful time

Eleanor Matthews, 33, Norwood, SA

'What should we do tonight?' I asked my husband, Mark, as we cooked dinner.

'Let's watch a scary movie,' he suggested.

'Absolutely not,' I replied, laughing.

It wasn't that I was scared of horror movies, I just thought they were ridiculous.

Annoyingly though, Mark was obsessed with them.

When we first got together, he had posters of scary films on his walls and a stack of gory movies on DVD.

As our 10-year anniversary approached, I wanted to give him a gift he'd love – a night away at a haunted house.

I booked us into a creepy yet beautiful two-storey home two hours away.

The description online said the house had belonged to a female pilot who died in a plane crash. Forty years on, she was known to frequent the place.

On the weekend, I drove us to the house. 'Surprise!' I grinned as we arrived.

Mark was delighted as I filled him in on the home's history.

Inside, the place had a musky scent and there was an old grandfather clock in the hall!

Sitting down in the dining room at 6.30pm, we toasted to 10 years of love. After dinner, Mark went up to our room to wash his hands.

While he was up there, I checked my phone. But it suddenly switched off in my hands.

That's weird, I thought. It'd been fully charged but now wouldn't turn on.

When Mark hadn't come back after 15 minutes, I decided to check on him.

Walking to the stairs, I felt a cool breeze rush by as if someone had hurried past me.

Frozen, I turned my eyes to the left, and saw the hands on the grandfather clock were moving slowly backwards.

Then the hands stopped – the time now reading six o'clock.

Am I imagining things? I wondered.

Heading up the stairs, I heard footsteps behind me. Afraid to look, I hurried on.

Reaching the top, I ran to the bathroom and opened the door. But the room was empty. Then Mark appeared behind me, giving me the fright of my life.

> Heading up the stairs, I heard footsteps behind me

'Is everything okay?' he asked, noticing the colour had drained from my face.

I nodded my head, slowly.

'I'm starving. Dinner should be ready,' he said.

But we'd finished eating 10 minutes earlier!

Confused, I followed him downstairs. To my shock, our food was on the table.

It was as if we'd gone back in time, but Mark hadn't noticed.

'I need to go home, sorry. I'm getting a migraine,' I lied, desperate to leave.

Loading our bags back into the car, relief washed over me. Despite being a life-long cynic, I'd never been more frightened.

Eight years on, I've never told Mark what I saw that evening and still can't explain it. I'm certain even he wouldn't believe we'd travelled back in time. ●

AS TOLD TO CLAUDIA SIRON

YOUR stars

Kris Fontaine **PSYCHIC ASTROLOGER**

Aries Mar 21 – Apr 20

Aligning your practical priorities with your emotional needs means mentioning those mucky matters to your partner, a relative or co-worker. For relief, do it asap. Is it time to walk your talk with a study program?

LUCKY NUMBERS 10, 16, 17

Taurus Apr 21 – May 21

Suspect people are jumping ship from your posse? Your new trend of doing what you want despite others' feelings needs to stop, Taurus. Something you sign up for could propagate positive financial activity.

LUCKY NUMBERS 4, 9, 23

Gemini May 22 – Jun 21

It's been a revolving door of personal interests or relationships for you. Time to focus on one thing or one person, Gemini, and it will mean self-sacrifice. Reconciling with a colleague, boss or neighbour is Tuesday's move.

LUCKY NUMBERS 40, 42, 45

Cancer Jun 22 – Jul 23

Material matters move to second base as family stuff pulls nicely at your heart strings. Isn't it about time you worked in a field or resided in a locality that reflects the transformed you and encompasses your beliefs?

LUCKY NUMBERS 13, 27, 31

Leo Jul 24 – Aug 23

Making a difference in your life begins with learning how those closest to you see the world at large. You might be more in agreement than you think. Visitors from out of town or overseas are arriving soon, Leo.

LUCKY NUMBERS 1, 19, 24

Virgo Aug 24 – Sep 23

Working out if you qualify for a position, vacancy or seat is Monday's matter. Follow this up with appropriate attire or transport on a budget – it's out there. You're suddenly welcome at a distant relative's or old friend's functions.

LUCKY NUMBERS 26, 43, 44

Libra Sep 24 – Oct 23

Apply your energy to situations and people who deserve your input, Libra. Wasting time on fly-ins or flimsy set-ups needs to be history. On the flip side, picking up necessary items on the go works for your getaway.

LUCKY NUMBERS 3, 11, 30

Scorpio Oct 24 – Nov 22

Realising your dream is getting closer is wonderful, Scorpio. But don't make the mistake of blocking the final flow by becoming argumentative. Why not colour your Sunday with a romantic walk or family activity?

LUCKY NUMBERS 20, 25, 32

Sagittarius Nov 23 – Dec 21

For once, Sagittarius, it seems others share your vision with bravado. Best to get on with things before they change their mind. Stay safe on Saturday by designating a driver, wearing a mask or walking on the main streets.

LUCKY NUMBERS 29, 34, 38

Capricorn Dec 22 – Jan 20

Concrete accomplishments are characteristic of you Capricorn, but this one takes the cake! It will simply blow loved ones away and actually give you more time to spend with them. Are you unsure whether to accept an apology or gift?

LUCKY NUMBERS 5, 7, 8

Aquarius Jan 21 – Feb 19

What's the best way to roll, Aquarius? Improvise and imagine how a romantic relationship, blended family or living arrangement will look in future. Don't sweat about being on hold when asking about a property or car.

LUCKY NUMBERS 22, 35, 41

Pisces Feb 20 – Mar 20

Slow down. Working to assist members of your family, posse or social group is in your bones, Pisces, but not at the cost of burnout. An application or profile showcasing your skills or personality is eaten up.

LUCKY NUMBERS 12, 16, 18

THAT'S LIFE! READERS CAN GO TO KRIS'S WEBSITE WWW.KRISFONTAINE.COM.AU FOR AN IN-DEPTH 20-MINUTE LIVE ONLINE CHAT READING. COST, $40.

VOLUNTEER of the WEEK

Ron, 72, and his wife Andrea are determined to honour our veterans

Thank you

Ron Gerrard, Hobart, Tas

My wife, Andrea, and I have always had a lot of respect for our veterans.

So when our friend John, a collector of military memorabilia, told us he'd found some World War I veterans laid to rest in unmarked graves in Hobart, we wanted to do something about it.

'There's around 20 at Cornelian Bay Cemetery. It doesn't seem right,' he said.

Andrea, a qualified historian, and I agreed our veterans deserved better.

Both Andrea's grandfathers had served in the military, as had two of her great-uncles. One was sadly killed serving his country in the Second Battle of Bullecourt in France in 1917.

Working to build a headstone

When soldiers returned home after the war, life wasn't always easy and there wasn't much support.

Many veterans died without family, or their loved ones couldn't afford a headstone. So they were now resting unrecognised.

Enlisting the help of our builder friend Mike to make the headstones, we approached Cornelian Bay Cemetery, the local council and the Department of Veteran Affairs to get all the necessary permissions required to give the veterans fitting recognition.

In 2012, we put the first few headstones in place and held a dedication ceremony.

It was deeply satisfying, and we felt like we'd made a start in righting a wrong.

That's how The Headstone Project came to be. Since then, we've made headstones for over 500 unmarked veteran graves around Tasmania and there's still more to go.

A not-for-profit, we have nine members on our committee. I do most of the research, using records kept by the cemeteries to locate and identify each soldier's resting place.

I've also learned to make headstones, while Andrea is our president and looks after the admin. When we identify each veteran we place a notice in the local newspaper to try and find any living relatives so they can be involved.

'I knew he was buried here somewhere. I just didn't know where,' one elderly lady said when we located her family member.

She attended the dedication and was so moved she's attended every one since.

> They all deserve to be remembered

We have the support of the 12/40th Battalion who provide us with four young soldiers who stand guard over the proceedings.

We give each veteran a roll of honour and place a plaque, with the service emblem, their name, service number, rank and other significant information, on their headstone.

It doesn't matter if they're born in Australia or overseas.

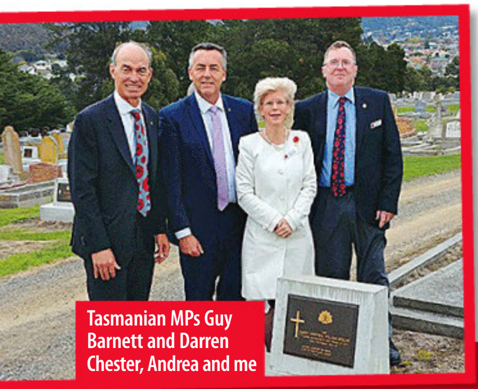
Our motto is, *They served. They deserve to be remembered.*

It costs between $450 and $800 for each headstone, but aside from financial support we need more researchers so we can honour more veterans here and in other states.

After their sacrifice, it's the least we can do. ●

Visit theheadstoneproject.org

AS TOLD TO SAMANTHA IRELAND



Tasmanian MPs Guy Barnett and Darren Chester, Andrea and me

25 APRIL
ANZAC DAY
LEST WE FORGET

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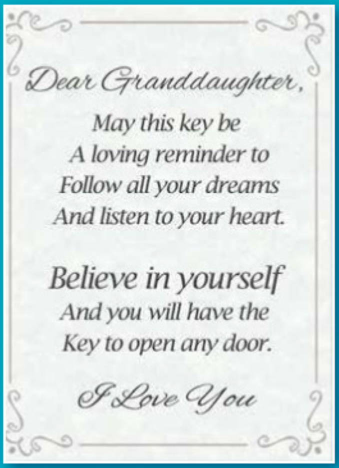
The Key to Your Granddaughter's Dreams Sparkles with Elegance from the Heart

FREE Personalisation!



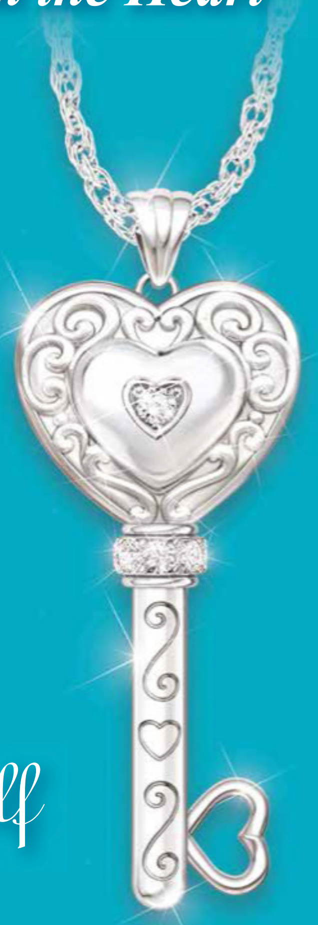
Dear Granddaughter,
May this key be
A loving reminder to
Follow all your dreams
And listen to your heart.

Believe in yourself
And you will have the
Key to open any door.

I Love You

Includes Poem Card

Elegant Box



4 Genuine Diamonds

Sterling Silver

Sophia,
I'm so
Proud of you
I Love You

Back View

My Granddaughter,
Believe in Yourself
Personalised Diamond Pendant

Give Your Granddaughter the Key to Her Future

You love your granddaughter more than words can say... and you know that if she believes in herself and listens to her heart, she can do anything! Celebrate your granddaughter's dreams, let her know that the world is waiting for her, and give her the key to open any door the future holds with our exclusive *"My Granddaughter, Believe in Yourself" Personalised Diamond Pendant,* available only from The Bradford Exchange.

This intricately sculpted key-shaped pendant is finely hand-crafted in sterling silver enhanced with a fine layer of rhodium plating for maximum shine and beauty, and hand-set with a total of 4 genuine diamonds. An elegant heart with impressive filigree details sparkles with one of the diamonds and the stem of the key shines with the other 3 diamonds. The back of the pendant is finely engraved with your granddaughter's name, along with the heartfelt message, *"I'm so Proud of You. I Love You."* It's a wonderful way to give your granddaughter the key to her dreams! A 46cm coordinating chain completes the look.

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This gorgeous diamond pendant is a remarkable value which can be yours in 3 easy instalments of $49.99 or $149.97, plus $14.99 postage and handling. It arrives in a custom presentation case with a lovely poem card and a Certificate of Authenticity that is perfect for gift-giving. To reserve yours, send no money now. Just complete and return the coupon indicating the name you wish engraved or go online today at www.bradford.com.au/gd

Due to the personalised nature of this item, we only accept returns if the product is faulty.

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Name: ☐☐☐☐☐☐☐☐☐☐

☐ **YES, my personalisation is correct.**

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Every farmer finds love
BUT WITH WHO?
FARMER
wants a
WIFE
7 / 7+